

ANNUAL NARRATIVE REPORT  
OF  
MISS GRACE RYAN, HOME DEMONSTRATION AGENT  
AND  
MRS. ISABELL PACE  
ASSISTANT HOME DEMONSTRATION AGENT  
MARICOPA COUNTY  
ARIZONA

From December 1944- December 1945

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## SUMMARY ADULT HOME DEMONSTRATION WORK

In planning a program of work for 1944-45, the Rural Homemakers Council of Maricopa County, through its 20 voting officers, chose "Home Management" as an over-all theme for 7 Rural Homemaker Clubs and 10 Wards of the Maricopa Stake of the L.D.S. Church, who hold membership in the County Council. Places provided for inclusion of some phase of Nutrition, Clothing, and Home Furnishing, each to support the general management theme. No one phase took precedence over another, although impetus was naturally given to Nutrition and to Clothing, because of Specialist's activity in these branches. There were 115 Homemaker Club members enrolled and approximately 550 working members of the Relief Societies of the L.D.S. Church.

All established Extension methods of teaching and of contact were used to further this program. Of these methods, the demonstration was the most effective and popular tool. It was used, alike, by Specialist, Agents and leaders, whether working independently or sharing work with the Agents. In this manner 3228 families were contacted by 154 demonstrations of which leaders alone presented 88.

Leader training was chosen as a teaching technique, as were discussion meetings. There were 17 leader training classes held by the Specialists and 2 by the Agent. The discussion method reached 421 persons through 20 Community meetings.

Total meetings for the year numbered 243; the attendance was 4828. Stripped of duplications which occur when total attendance is included for several projects, there were 3438 assisted by the Home Demonstration program, exclusive of miscellaneous contacts.

Media of contact, other than meetings, were necessary in order to reach patrons belonging to no organization. Telephone, letters, office calls, home visits and bulletins served this purpose, totaling 3089 contacts for the year. Of these miscellaneous contacts, made by both Agents, 749 were by telephone, 203 by letters, 34 of which were circular letters. An additional 124 were reached by office contact, 64 by home calls and 1949 by bulletins on all phases of Home-making.

Community contribution consisted of cooperation with agencies, civic and educational groups by attendance at 79 meetings of non-project type, in addition to 1 Adult Achievement day.

Through an organized plan of publicity, the Agent provided 25 articles for 100 releases. The Assistant Agent contributed 24 for 96 releases.

Authentic record of accepted practices indicate evidence of the influence of subject matter presented during the year. A compilation of figures shows that a total of 2254 practices were reported by patrons. Of the total families indicating adoption of practices 1410 were rural families, 134 of whom were new contacts. The remaining 559 were suburban or urban dwellers, 101 of whom were new patrons. Further analysis indicates that the majority of non-farm contacts were suburban, rather than urban.



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Organization activity in the county proceeded on three levels--state, county and local communities. There were 4 workshops at state level, plus 8 planning meetings, including the Annual conference. County planning was accomplished by three over-all county planning meetings, conducted by the Rural Homemakers Council, an advisory group, plus 9 county staff meetings, at which Agents discussed program phases on a county basis. Local programs were arranged usually by leaders and Agent, in 17 meetings, more or less of conference type.

The Nutrition program in the county embraced Food Preservation in addition to various emphases on Food Selection and Preparation. A summary of figures for the entire field indicated that 33 leaders participated in 4 leader training meetings, 8 for food preservation and 25 for the other phases of nutrition. The Agent gave training for 1 group; the specialist the remaining groups. Patrons assisted in nutrition, alone, were 103; by food preservation 2035 through activity of Agents. There were 176 accepted practices in nutrition, ranging from 44 in basic principles of nutrition to 112 tests for pressure cookers. Food preserved numbered 80,405 quarts canned, 265 pounds dehydrated, 765 pounds cured and 5438 pounds frozen. The average storage of canned fruit, exclusive of the L.D.S. data, was 127 quarts per family, and 18 quarts of vegetables. This average was based on the returns offered by 17 members of homemakers clubs and 42 patrons, at large. Group averages were taken and combined, to establish a mean to be used as a factor in calculating an over-all canning figure for the county.

Clothing Storage was the major clothing project for the 263 enrolled. Reports indicate the acceptance of 306 good practices, ranging from construction of 171 devices to 135 instances of better storage arranged. Garments constructed numbered 936, 775 of these directly resulting from a work simplification leader-training meeting held by the Agent. There were a total of 106 meetings in the course of the Clothing year, attended by 2294 persons. For 68 of these, leaders were responsible. Leaders, in all phases, numbered 27 for whom 8 leader-training meetings were held.

Home Management, when not previously reported as a phase under Nutrition or Clothing, consisted of work with Time and Money Management and with Work Simplification. Activity in the field of Time Management resulted in 16 demonstrations on Simplified Shirt Ironing, reaching 352 persons who reported 68 accepted practices either in method or equipment adopted. Money Management reached 61 families, 9 of whom accepted Account Keeping as a phase of the study. Fifty-four additional families were assisted with "Making versus Buying" decisions. Six leaders served in the Time Management field.

Home Furnishing was not a major project, but reached 52 persons through 7 meetings. Emphasis was placed on Slip Covering and Picture Framing and Arrangement. The groups adopted 24 practices, as a result of their work. Improvement of grounds and surroundings, chosen by groups to supplement work with interiors of homes, is in progress. To date, 32 families are at work with the Assistant County Agent. They will provide a report for the project, at a later date.

Family Life, as a project, embraced a work shop for Agents. Arranged by the State Leader, this training was given by a Specialist from the United States Department of Agriculture. Mrs. Lynde skillfully provided a workshop offering training which was inclusive, comprehensive and practical. Another phase of Family Life programs included local leader training for 18 leaders, including Agents, from which activity came 33 additional community leaders. The

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program provided 14 community meetings at which 297 persons met to discuss some phase of Family Life, either as it affected family members or members in relation to the community. Directly resulting from this course, a Veterans' Community Council was formed in one area, numbering representatives of 21 organizations in the community, and actively engaged in producing a program to implement the successful restoration of the returning service personnel to civilian life. Leaders for discussion were provided by the Agricultural Extension Service, at state and county levels, and by the Arizona State Teachers College.

Work Simplification Projects were developed in relation to Clothing Construction and Time Management, with excellent results. From 1 leader-training meeting given to 9 leaders by the Agent, there resulted a spread of influence to 75 Wards of the L.D.S. Church through all Stakes of the State, plus 63 local work meetings directed by leaders, attended by 1890 women who worked on 635 garments cut from 42 master patterns made by the original 9 leaders, and applied by crews of workers set up on the simplification schedule which the Agent developed in the leader training meeting.

#### Community Service and Public Health.

Community Service consisted of contacts with related agencies either in relation to subject matter or to civic or community needs. In addition, the Home Demonstration Agent and the Rural Homemakers Council developed a contact with the Arizona Branch of The American Cancer Society to relay information to 122 persons, to date, through 6 cooperative public meetings and with the Maricopa County Health Unit through its staff of sanitarians, to further the dental health program by sampling of water supply for fluorine. Both health programs are in progressive stages.

#### Statistical Summary of Contacts, and Summary of Agent's Time

<u>Method Demonstrations</u>	<u>Number</u>	<u>Attendance</u>
By Staff Members	66	857 )
By Leaders	88	2371 ) 3228
Training Meetings for Leaders	19	256
Other Meetings (Of which 22 were Discussion) ( Meetings )	70	1344
	<u>243</u>	<u>4828</u>
Publicity	100 releases	

#### Divisions of Agent's Time

Organization . . . . .	86	1/4 days
Food Preservation . . . . .	13	1/2
Food Selection . . . . .	28	1/2
House Furnishing . . . . .	18	
Other Health and Safety . . . . .	4	1/2
Clothing and Textiles. . . . .	38	
Home Management and Economics . . . . .	22	
Family Relationships . . . . .	7	1/2
Community Life . . . . .	18	

All other work . . . . . 23 3/4  
War Effort . . . . . 98

SUMMARY OF JUNIOR FIELD OR 4-H CLUB WORK

The 4-H Club Program is county-wide in scope; in general clubs are organized in connection with rural grammar schools and run concurrently with the school year. As a rule 4-H work is the activity program selected by rural and farm boys and girls. Four lay leaders and 35 teacher leaders served to guide the project work and activities of the forty-three 4-H Club groups in 24 separate communities. A total of 712 different girls enrolled in Home Economics Projects, 559 of whom satisfactorily completed the required work.

Supervision of the homemaking division of 4-H Work is assigned to the Assistant Home Demonstration Agent, who works cooperatively with the Assistant Agricultural Agent, in charge of Agricultural 4-H Projects. The Agent in charge maintains a close cooperation with principals of rural schools, and gives assistance to group leaders through field and office conferences, club visits, phone calls, personal and circular letters, 4-H Club news bulletins, method demonstrations, judging and demonstration team training, and through visual aids and recreational programs.

Leaders are supplied with special subject matter and technique bulletins and leaflets from Extension Service and related agency sources, in addition to all 4-H Club Project and Organization literature. These serve as a reference and guidance source to the leader and older club members.

War time transportation difficulties and over loaded teacher schedules made county-wide leader training meetings impossible; hence, more of the agent's time was given to leader conferences in the field, either singly or to several leaders in one area. In this manner helpful information was passed on from the state level and from one successful leader to another.

Due to shifts in population, more 4-H enrollees failed to complete their projects this year. The shortage of cotton yardage was also a factor for discouragement, and clothing girls dropped out late in the season. Serious illness of a leader and death of another contributed also to lowering percentages of achievement with two large groups in two communities.

Health training and home and farm safety were emphasized with all groups and members urged to keep records in connection with their project. Health practices adopted and check up of fire and accident hazards and their elimination were the major achievements. One of our members won the trip to the National 4-H Club Congress and a \$200.00 scholarship in the State and National contest. 4-H Club members participated in the organized defense programs such as paper and fat salvage. During the Sixth Bond Drive in a state-wide contest, Maricopa County 4-H'ers sold around \$134,000.00 worth of bonds and stamps.



Members assumed more and more responsibility at home to relieve the labor shortage. Care and repair of clothing and household equipment, care for younger children at home and for neighbors rated high with girls as did the campaign for "Better Health Through Better Food Habits."

After a lapse of one year the College Leadership Club was brought back; twelve young women and two men students enrolled. The two boys went into the service. The girls conducted clubs and earned two units of credit at Arizona State Teachers College. The sponsor for this leadership club, Mr. F. E. Ostrander, passed away suddenly this September. His passing is a distinct loss to all 4-H Club members, since major credit for the Annual 4-H Club Fair went to him. Members knew him to love him.

Highlight of the 4-H Club year in the county is the Annual 4-H Club Fair on the College campus at Tempe, Arizona. The Fair, sponsored by the college and managed jointly by the Leadership Club and county Extension workers, is participated in by all club groups. The County Extension Staff, State Leaders, Specialists and Local Home Economists cooperate to make the Fair a success. Exhibits of Homemaking and Agricultural projects run into the hundreds. Judging and demonstration contests, parade of clubs, dress revues and a "Farmers Day" picnic each vie for interest and 4-H'ers adorn themselves with ribbons won.

Another event to create interest was revival of the 4-H Club Camp. Several counties joined to accept the use of Camp Geronimo, so graciously offered by the Boy Scout Organization. These facilities were enjoyed to the utmost by 20 boys and 21 girls from Maricopa county. The Assistant Home Demonstration agent and a local leader accompanied the group. Mr. O. W. Dishaw, Acting State Leader of Boys' and Girls' 4-H Club Work, directed the camp, assisted by county workers.

Local Exhibit Days or Fairs or Achievement Programs are held in the Spring at which time records are turned in and Achievement Pins and any special awards are presented to members.

Club members ranged in ages from 10 to 18 years, chiefly 10, 11, 12 and 13 year olds, and from first through fourth year of club work, predominantly first year. One senior club, all high school girls with a lay leader, assisted by the Home Economics teacher and two other High School girls, in widely separated communities, completed one or more projects. Club girls met weekly, semi-weekly or alternating weeks for 45, 60, or 90 minute periods. An attempt is made to tie 4-H Club work closely to the home. In many communities most of the actual project work is done at home. The school period serves for check up, reports, and activity work.

Six hundred ten members were given experience in judging project work, 210 participated in demonstrations locally or at the County Fair, 175 reported recreational leadership and 650 fire and accident prevention activity. Forty-four reported health examinations and 78 older girls kept clothing and personal accounts.

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Enrollments and completions by projects were:

<u>Project</u>	<u>No. Enrolled</u>	<u>No. Completing</u>
Clothing	499	371
Food Selection & Preparation	261	191
Food Preservation	9	9
<u>Totals</u>	<u>769</u>	<u>571</u>

The following is a breakdown of the Assistant Agent's time given to projects and extension activities:

Organization and planning . . . . .	94 days
Food Preservation . . . . .	19 "
Food Selection & Preparation. . . . .	25 "
Community Activities & Recreation . . . . .	54 "
Clothing. . . . .	41 "
Health & Safety . . . . .	36 "
All Other . . . . .	7 "

6 Training meetings (4-H Club)	Attendance—	64
3 Demonstrations (Adult)	"	156
30 Demonstration Meetings (4-H)	"	602
28 Achievement Days (4-H)	"	4259
3 Days Annual Fair	Est. "	2500
13 4-H Camp	"	43
100 Miscellaneous Meetings, Club Visits		
Visual aids, Community activities—		
	Attendance—	7157
148 Office calls		
453 Phone calls		
52 Home visits—	44 different	
83 Publicity Articles prepared	(72 Adult (11 4-H Club	
2 Radio Programs		
2875 Bulletins distributed		

Looking forward to next year's program increased effort will be given to holding members through the grammar school period and on into the 14-20 year age group. Lack of leadership and school activities of this age group presents a real problem. The Assistant Agent gave 94 days to matters of organization in all its phases in the county.

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of  
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EXTENSION PROGRAM (ADULT)

As indicated in the summary preceding this report, the program of Home Demonstration work was worked out cooperatively for 1944-45 by the Agent and officers of an advisory group. This group, designated as the Rural Homemakers Council, had a membership of 20 voting officers recruited from all clubs or organizations actively engaged in a planned Home Demonstration program. Annually the Council met to formulate its program and to file requests with the Agent and other Extension personnel.

In 1944-45 the choice of projects was Home Management, which was sufficiently flexible to provide programs in all fields of Homemaking education. The Council planned and requested 8 subject matter meetings, 1 county-wide recreation day, and left time for participation of its members in community activities vital to the prosecution of the war. The extent to which its goals were achieved, and the mechanics of its program fulfilled, will be indicated by the project reports which appear later.

There were no major and minor projects from the angle of planning. All were equally important and each reflected needs of group members. Management, as applied to Nutrition, was stressed by food handling to prevent waste; in Clothing, by consideration of storage problems, care, construction, and re-use of clothing; in House Furnishing, by the restoration of Furniture. Since no project in management could be considered balanced if Time and Money Management were neglected, there was a place made for each. Behavior problems, within the family, fitted in well with the over-all scheme, with the result that some special work with Family Life was included.

This was the program as submitted by the Council to the County and State Extension staffs. The requests were presented to the State Leader by the Agent, following which ways and means of implementing the program were developed.

TEACHING METHODS (ADULT)

As has been customary for some time, the method of presenting Home Demonstration projects was keyed to the phase to be taught. Various approaches were needed and used during the year---Namely, leader training classes, presented both by the Specialists and by Agents, method demonstrations, plus discussions and "work meetings", so designated because they provide an opportunity for group membership to actually experience the process taught. There were other less formal methods employed, as well. The method demonstration was the most desirable and the most flexible. It was chosen by Specialist, Agent and leader as a good vehicle to present subject matter. A breakdown of the number of the various types of contacts, and results thereof, occurs in the discussion of specific projects, as well as in the summary.

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Refresher meetings and pressure cooker clinics were methods of teaching, particularly applicable to the Food Preservation field. Leader training was used in Nutrition, Clothing, Work Simplification and Family Life projects, followed by both demonstrations, work meetings and discussions, as each item warranted. The discussion method proved most valuable with groups interested in Family Life, and in subsequent community meetings which stemmed from Family Life training.

Less formal methods were employed in reaching adults who are not members of organized groups but who constitute Extension clientele. Such teaching consisted of contact over telephone, of office calls, letters, distribution of bulletins and planned publicity.

The extent of use of various teaching methods may be summarized as follows:

19 Leader Training meetings	Attendance -- 256
66 Method Demonstrations by staff	Attendance -- 857
Telephone Assistance	610 calls
Letters of Assistance	198 letters
Home Visits	64
Office Assistance	96 calls
Bulletin Distribution	1831
Weekly News Column	100 Releases

A total of 126 leaders were trained during the course of the year. They numbered 25 in Nutrition, 8 for Food Preservation, 27 for Clothing, 15 in phases of Work Simplification, and 51 in Family Life. They extended their training and information to 2371 other adults, through 88 method demonstrations or work meetings.

Leaders who served in community activities without special leader training courses, numbered 48.

One group of 9 leaders extended training to 21 others who held 63 work meetings independently.

#### EFFECTIVE COOPERATION OF EXTENSION PERSONNEL AND OF AGENCIES (ADULT)

##### Staff Assistance

In discussing methods of work, mention was made of a program planned and submitted to the State Leader to consider ways and means of accomplishment. This presupposed assistance from Extension workers from the State office, as well as from county staff members in certain related fields. The State Leader, the Clothing Specialist and Nutrition Specialist assisted the Agent at the State level. This aid consisted of a workshop and an Agent-training conference given by the Clothing Specialist, as well as 8 leader-training meetings in the county. Two work shops and 2 leader training meetings were given by the Nutrition Specialist. Over-all supervision was provided by the State Leader, who also planned a Family Life Work Shop.



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At the county level, the Agent and members of the Rural Homemakers groups received assistance from H. B. Powers, Assistant County Agent, in the field of Horticulture, as applied to Yard Improvement.

The Assistant Home Demonstration Agent, and an Emergency Assistant assigned by the State Leader, devoted time to the Food Preservation program when the Agent was absent from the county. Details of accomplishment of these workers will be presented in the proper subject matter field.

#### Related Agency Contacts

Ten Wards of the Church of Latter Day Saints actively participated in the planned program of the year. Casual assistance was rendered by the Agent to Garden Clubs and to service clubs interested in some phase of Homemaking education. The Red Cross County Organization solicited assistance in teaching Nutrition to one group of rural women. Contact was maintained with the Executive Secretary of the State Nutrition Council, and assistance rendered when possible. Time was devoted to cooperation with the Arizona Home Economics Association, of which the Agent was an officer.

The Public Relations Committee of the local Young Women's Christian Association cooperated with the Home Demonstration office on two projects of major importance--the one, a continuation of Refresher demonstrations and pressure cooker testing clinics for urban and suburban families interested in Food Preservation, and the second, active sharing with the Homemakers Council and the Maricopa County Farm Bureau in a leader-training program on Family Life and Community Problems of the Returning Veteran. Both will be discussed on a project basis in the body of the report.

The Maricopa County Board of Public Health and the Arizona branch of the American Cancer Society were cooperators in Public Health Programs.

The Maricopa Farm Bureau acts as a sponsoring agency for Extension activity. The extent of this sponsorship, as it might apply to the Home Demonstration program, is limited because of the absence of a Home Bureau organization. The Rural Homemakers Council maintains a paid membership in the County Bureau.

### PROJECTS AND ACCOMPLISHMENTS (ADULT)

#### Organization (Adult)

The organization machinery of the Home Demonstration program was set up to serve the following groups -- (1) the regularly organized Rural Homemakers groups, which are the official Extension groups, (2) other organized civic or church agencies who accept a sufficient number of phases of the organized Extension program to warrant time spent regularly with them, (3) "special interest" groups of Homemakers who carry a planned project, (4) occasional contacts with related agency groups, as time warrants, and (5) a substantial number of unorganized patrons.

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This organization work proceeds at three levels-- state, county and local. During 1944-45 there were 29 county and local meetings devoted to organization work which served 7 Rural Homemakers Clubs, with an enrollment of 134; 10 wards of the Church of Latter Day Saints, with a working membership of 550; 1 community through a "special interest" program, and 10 communities through special talks and programs, arranged to fit into the Home Demonstration schedule. There were 830 persons in attendance at all of these organization meetings.

At State level, organization work was varied, and included 12 meetings. There was the annual conference of Extension personnel, where a program had been comprehensively planned to present a picture of the sociological and economic implications of a nation at war, and a picture of the relationship of members of the Agricultural Extension Service to this national and global situation. In addition, the annual meeting provided opportunity for consideration of the local problems involved in Extension work at the state and county levels.

At state level, as well, were program planning meetings and work shops for Agents. These consisted of one over-all planning meeting and 4 work shops where subject matter specialists assisted all Agents.

Organization and planning at county level was of two types. It included 9 staff meetings for county workers, where county projects and attendant problems were presented for consideration, at regular monthly conferences,

#### Rural Homemakers County Council

At county level, also, were the council meetings of the year, called by the chairman at stated intervals, for the twenty members of the Rural Homemakers Council. These annual meetings occurred in Spring, Fall, and mid-year. The Spring meeting featured program planning and election of officers; the Fall and Winter meetings, clearance of mechanics of the program and general county and community problems which arise in connection with the furtherance of a local program.

At local level, there were 17 community organization meetings during 1944-45. These consisted partially of program planning meetings and partly of committee conferences held by local leaders relative to the particular project meetings for which they were responsible.

The Rural Homemakers Council, through its own activity, and through the program planning activity of its local committees, extended some phase of work to each of 12 communities in the county. Its 20 officers are counted as leaders in the over-all figure representing leadership in all activity, but are not included in statistics where leaders are indicated as having attended leader training activities.

#### Home Making Program for 4-H Clubs 1944-45

The 4-H Club program, in Maricopa County, is planned on a county-wide basis in connection with rural public schools, as an activity or extra-curricular program. Concurrent with opening of schools, a contact letter prepared by County Extension Agents in charge of 4-H work, is mailed to all Rural School principals

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announcing preparedness of the county office to cooperate in getting organization and project work underway. This letter also outlines available projects, leadership needs and responsibilities.

School principals as a rule notify the county worker who leaders are and set dates for organization meetings.

Every effort is made to contact each new leader, especially, to explain the program and to go over 4-H material we have come to call a "Leaders Kit" before the actual organization takes place. This contact serves to make the inexperienced leader, especially if the leadership is an assignment and not her own choice of activity, feel more adequate to the job, and creates a friendly, cooperative spirit.

In addition to the regular project and record material, leaders are provided with subject matter, organization and technique leaflets from Extension and related sources to serve as reference and interest file. Members' literature is issued through the county office when enrollments are announced.

Teachers or lay persons serve as leaders of 4-H groups, most of which fall under standard classification. Elected officers conduct meetings according to simple parliamentary rules and with the leader's assistance plan the year's work and set up group goals which are presented to the whole group for their approval.

Work meetings, activities and recreation events are handled in an orderly fashion. The project bulletin directs the member in developing the project, much of which is done in the girl's own home; each member must keep a record of cost and time involved in the project.

Group meetings vary as to time allowed and frequency of getting together. In a few groups actual project work is done on a classroom basis, with one activity meeting per month, presided over and planned by the members.

Some combined groups put on carnivals to finance 4-H Club recreational and community activity programs. Others sponsor community fun parties and picnics; others put over local exhibit days and fairs.

Training in judging and demonstration is planned for all groups; from this local training come the contest teams at the Annual 4-H County Fair. Winning teams from this event enter the state contest. Six hundred ten girls took part in judging and 210 worked on demonstrations. The State Leader of Boys and Girls 4-H Club Work, the State Leader of Home Economics Work, Specialists and county staff members have rendered invaluable assistance through conferences, visits, judging exhibits, demonstrations, assisting with recreation events and community activities, in addition to preparation of bulletins, leaders' guides and related leaflets.

Planned county-wide leaders' meetings were not held due to transportation difficulties. Agents, through field contacts, club visits, circular and personal letters, office conferences, phone calls, radio broadcasts, have attempted to bolster the program, and to get high quality work done with full participation in activities such as the County Fair and 4-H Camp.



Several agencies have rendered appreciated and worthwhile assistance toward promotion of 4-H Club work through recognition of outstanding accomplishment. Among them are (1) Arizona State Teachers College, through the faculty sponsor, F. E. Ostrander, who made possible the Annual 4-H Club Fair, held on the College Campus each April. The Fair is the highlight of the club year and is participated in by all clubs of the county, their parents and Farm Bureau members.

(2) Farm Bureau, which provides awards and encourages participation and attendance by having their annual picnic and program in connection with this event. Kyrene local Farm Bureau, for local sponsorship of 4-H Clubs.

(3) Sears-Roebuck Company, who tendered a banquet and set up a 4-H Club canned food display window and presented cash awards to outstanding clubsters in each field.

(4) J. C. Penney Company, who displayed a 4-H window exhibit through the 4-H Achievement Week in November. Clothing work, canned products, garden products, 4-H literature, banners, and mounted photographs of 4-H activities were included.

(5) Arizona Farmer-Producer, through its editors, Ernie Douglas and Maude Longwell, who are most generous in attending 4-H events, taking pictures, sharing radio time and giving fine publicity to 4-H Achievements.

(6) Local Banks and Commercial organizations who so graciously gave war bonds and stamps to outstanding 4-H salesmen in the Sixth Bond Drive Contest.

(7) The Boy Scout Organization for their camp and facilities for the 4-H Club camp in August.

(8) The Phoenix Chamber of Commerce who gave the State contest winners a Banquet and a royal send-off to the trip winners.

(9) The Governor's Office and others too numerous to mention who have encouraged maximum effort of members.

The Health "H" and Home and Farm Safety were emphasized in connection with all 4-H Projects. Members participated whole-heartedly in the various wartime programs.

Local Achievements in the form of fairs, exhibits, dress revues or programs serve to give recognition to individual members and hold interest in communities. Achievement pins and seals on certificates are given for satisfactory records and project completions.

Seven hundred twelve different girls enrolled in Home Economics projects; 57 carried duplicate projects; 559 different girls completed their projects.

Projects, achievements and ages

<u>Project</u>	<u>No. of groups</u>	<u>Enrollments</u>	<u>Completions</u>
Food Preservation	4 areas	9	9
Food Selection & Preparation	12	261	191
Clothing	25	499	371

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The above figure includes 57 duplicate enrollments; all duplicates completed.

<u>Ages of 4-H Members enrolled</u>									
Ages	10	11	12	13	14	15	16	17	18
Girls	112	150	183	147	75	31	8	4	2

<u>Years in Club Work</u>					
Years	1st	2nd	3rd	4th	5th
Girls	488	129	62	29	4

Next year's plans are aimed at increasing interest and finding leadership to hold more 4-H'ers in the program beyond the grammar school age.

#### HOUSE FURNISHING AND YARD IMPROVEMENT (ADULT)

To 52 families, two phases of Home Furnishing were presented by 7 method demonstrations. Twenty women received assistance with slip covering and furniture repair, 16 with selection and framing of pictures, and 16 with crafts to be used on household fabrics.

Members of the Homemakers Clubs asked for the services of an Assistant County Agent in the matter of study of Yard Improvement. The program is in progress, with 4 demonstrations for 33 families recorded.

Acceptance of practices in two phases of home betterment, indicate that 8 slip covers were constructed, 12 chairs otherwise restored, and 16 pictures selected and framed.

Twelve additional families were aided in Home Improvement by direct contact with the office.

The yard improvement program is in progress, with no exact data available to date.

#### NUTRITION (ADULT)

Nutrition programs in the county in 1944-45 have included various phases. For this reason, the figures compiled for a total report, are broken down into the sections in which they belong, to indicate the actual results of each project planned and completed.

##### Food Management (Adult)

Because the county program was planned to stress over-all interest in

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Home Management, it was decided to emphasize at least one management phase of food. The topic, "Food Waste in the Home", was selected not only because it presented opportunity to teach certain principles of food handling, but because it fitted well into the goal of homemaker-contribution to the defense situation and to general food conservation. The Specialist and Agent worked on the project.

Seventy-six women were enrolled. The project was carried forward by 13 leaders who received training from the Nutrition Specialist. At two meetings for leaders, the Specialist chose four typical items of food-- fresh vegetables, meat, milk and fresh fruit-- to illustrate points in her training program. Each of the selected foods was presented to leaders, as an example of its type, and as illustration of the principles of selection of food, its storage, its method of preparation and its method of correct service to prevent waste of food nutrients. In addition, the Specialist gave a picture of economic conditions in relation to the war and food. She stressed the increasing challenge to all homemakers to contribute to food conservation by better food management.

The Agent assumed responsibility for extension of this work after the training meetings. This was done both by assistance to leaders, if needed, and by demonstrations in communities where leaders had not volunteered for service.

Agent and leaders relayed the demonstration on Food Wastes to 49 families through 3 demonstrations; leaders, independently to 10 others, in one demonstration. A demonstration of Point Saving Meals reached 13 additional persons, who had recently organized, hence had not cooperated with the rationing demonstration at its beginning.

A survey was made to determine the results of demonstrations on Food Waste. Figures revealed that 17 out of 98 homemakers contacted by the survey, accepted one or more practices. Ten adopted suggested methods of serving citrus whereby maximum amounts of nutrients could be retained; 7 added soy flour to meats in order to conserve food value; 16 changed methods of cooking vegetables, while 11 adopted the suggestions of the Specialist as to ways of preparing milk in order to insure the minimum of food waste. A total of 44 accepted practices were recorded among the 76 who had enrolled for the project.

#### Home Service of Meals (Adult)

A project in progress for the current year deals with Preparation and Service of Meals. The work is being supervised by the Specialist, who has already presented the subject matter to 12 leaders at a leader training meeting. The completion figures will not be available until later in the year. For this reason no statistics beyond the training meeting are offered. There are approximately 655 women enrolled in the project, designed to serve 13 communities. Figures in Table #2 indicate only 12 leaders for the 13 communities, a situation accounted for by the fact that two of the twelve leaders represent 10 Wards of the L.D.S. Church, and will arrange to extend the work to community leaders whom they will appoint.

#### Food Selection and Preparation(4-H)

Meal Planning and Food Preparation was the project selected by 261 girls in 10 communities. The new bulletin "Meals the 4-H Way" has been a delight



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to 4-H'ers and their leaders; the common comment is "Oh! for more time to do a better job!" The accompanying leader's guide for the first two years has been appreciated also. Girls were urged to use home produced foods in planning and serving meals. Sugar substitutes were used with good success. Variations in methods of cooking and serving eggs; making hot breads and cookies were especially popular with members. Seventeen hundred ninety-three meals were planned, 487 meals were prepared and served and many individual food dishes as breakfast fruits and salads were prepared and served.

Demonstrations by leaders, the agent, and girls of the groups and as supervised group activity were methods used to teach improved techniques and to set up standards for products.

Two sets of National Dairy Council Food Models were rotated among the groups to help in meal planning and selection. All groups prepared "Food for Health" posters and exhibits of non-perishable foods as set up food model meals to illustrate the Basic Seven Foods. This method has been used in lieu of prepared and baked foods to save scarce foods and ration points during the war period.

Food products were used, however, along with table setting and measuring of ingredients in the food judging contest.

Eight food demonstration teams competed for honors at the 4-H Club Fair. Scottsdale Senior team placed first in the Dairy Foods division and represented the county in the State Contest sponsored by the Kraft Cheese Company to win \$50.00 Bonds each and gold medals. A Junior team from Avondale placed high on a table-setting demonstration and later gave their demonstration before the local Kiwanis Club to be highly complimented. This club has proffered cash prizes to be given for team demonstration activities during the coming year.

Ten excellent nutrition scrap books were exhibited at the 4-H Club Fair. These books were compiled by the individual girls and contained useful nutrition leaflets, notes and interesting cut-outs to illustrate food service, table setting, preparation of type dishes.

Frances Stokoe of Scottsdale Senior Club, who was a Dairy Foods Demonstration Contest Winner last year, was this year declared winner of the coveted trip to the Chicago 4-H Club Congress in the Food Preparation Contest sponsored by Servel, Inc.

The agent gave 25 days to the varying phases pertaining to this project. Specialists gave 1 day each to judging demonstration contests in the County.

#### FOOD PRESERVATION (ADULT)

Information was provided in 1944-45 in all phases of food preservation for 2035 patrons and on a county-wide basis. It consisted of assistance with canning, curing dehydration, preparation of food for freezing, and testing canning equipment. It was carried forward by the Agents and an Emergency Assistant, who spent approximately a month in the county. Eight leaders, trained by the Agent in one training meeting, assisted in their respective localities. One leader assisted 105 families.



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Teaching was accomplished by 14 meetings, 5 of which were demonstrations, 1 a leader meeting, and 8 pressure cooker clinics. Work was shared by the county workers, as follows. The Agent gave 2 demonstrations and the training work for leaders, as well as assisting the Emergency Agent in demonstrations. The Assistant Agent covered 1 clinic, alone, and cooperated with the Emergency Agent at five additional clinics. Refresher work was presented by the Agents at two Garden Club meetings, at one Homemakers club, and by the Agent and Emergency Agent at a meeting for urban canners. The Assistant agent gave aid to 1 group who canned citrus. Demonstrations and refresher work reached 101 families. An additional 122 were reached at the pressure cooker clinics. Total patrons thus served were 201.

Various types of office contacts served 1707 patrons who did not convene for meetings. Both Agents were identified with this service. The Agent reached 353 by telephone, office calls and letters; the Assistant Agent 117, making a total of 470 families to be added to the 201 reached by the more formal methods. Bulletins, numbering 1237, were distributed, in connection with class work and in direct response to requests for assistance. Through the office of the Agent, and through direct contact, went 749 such publications; through the office of the Assistant 188, while the Emergency Agent distributed 300.

The statistical report carries figures segregated as to particular types of food preservation. Forty patrons requested assistance with dehydration; 75 with preparing foods for the freezer lockers. One hundred and twenty-five requests came from patrons interested in curing foods. The seven pressure cooker clinics served 122 persons. This leaves a total of 1795 having been assisted by both Agents in the matter of general methods of canning, use and care of equipment and planned canning.

The pressure cooker clinics placed 112 cookers back into the hands of owners, with the assurance that each had been tested, cleaned and reported safe; or if not safe, then specified specific repair or replacement needed for safety and efficiency. Of the 112, fifty-three were tested for the first time.

One of the refresher classes and a pressure testing clinic, resulted from cooperation with the Public Affairs Committee of the local Young Women's Christian Association, who continued to offer this service to urban families who had no direct contact with the Extension Service but who needed assistance.

Mrs. Martha Goodell, Emergency War Food Production and Preservation Agent, made a cursory survey, involving 32 families. Its objective was to determine volume of food preserved, percentage of spoilage, and location and mode of storage of preserved foods. The sample indicates that molds and fermentation were the two most prevalent spoilage factors, with discoloration due to enzyme action a source of annoyance and worry to some. Her discussion with the members of the group indicates a definite need for storage space in the average home, and for a study thereof.

Acceptance of practices in the field of Food Preservation is a logical measurement of influence. The following data indicate the volume of processed food reported during the year.

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Records secured from 16 members of Rural Homemakers Clubs and from 42 general patrons who received assistance with Food Preservation problems indicate that fruits processed averaged approximately 127 quarts per family. The vegetable average was lower, being 18 quarts. Meat was reported processed by only 110 patrons, with a total of 709 quarts. This was offset, however, by the volume of frozen meats, as will be indicated later. Figures are not obtainable from all contacts, but on the basis of 470 families to whom specific assistance was given by Agents and 105 families reached by a leader, there would be an estimated 61786 quarts of fruits, and 19556 quarts of vegetables processed. Figures relative to the brining of foods were so small as to be a negligible factor in the program. Only 90 gallons were reported.

It is estimated that 765 pounds of produce were dehydrated, all of it fruits. It is difficult to secure exact data relative to pounds of dates cured, either by dehydration or other curing methods, but one member of the Homemaker club group reported that 500 pounds were processed as a result of her contact with 45 patrons who bought her produce. These are included in the 765 pounds reported.

The frozen food picture is presented exactly as reported by patrons, with no estimated additions on the basis of averages. The reason lies in the fact that freezing is now very definitely being done by a limited number of patrons, and not generally over the county, as is true of canning. The fact that a patron must have locker space before he attempts the process, makes it possible to secure fairly accurate records. No attempt has been made to give poundage for all rural patrons of locker plants, inasmuch as many are not Extension Service patrons. However, locker plants report an average locker population of 80 rural patrons.

The figures presented by 46 cooperators indicate that there is a marked increase in the amount of meats frozen. Very little vegetable produce is preserved by patrons in that fashion, and relatively little fruit. A total of 5438 pounds of food were frozen by the patrons who reported. Of this, 5166 pounds were meat. In addition, there were 145 fowl in the lockers of persons reporting. The average storage of meat for family appears to have been 119 pounds. The lowest storage of this commodity reported was 20 pounds; the highest, 975 pounds per family. The figures reflect a possible reason for the decrease in practice of canning meat, and the substitution of freezing as a method. One reason for the small volume of frozen vegetables and fruits is the limited supply of lockers. The families prefer to use such locker space as they have for meat, and to rely on canning or on their gardens to supply the other items.

The averages, established as a basis of calculation for figures given both in the statistical report and in Table #1, were secured by establishing a mean between the volume of canning reported by members of the Homemakers clubs and by general patrons. The total of 470 families used as the sample represents an accurate count of homemakers who received aid with an idea of actually using methods suggested by the Extension Service. Figures listed for 105 L.D.S. families were used exactly as given by their leader, inasmuch as they represent actual results. Total volume figures then, represent the estimated results from the 470 contacts, plus the actual figures presented for the 105 families.

Table 1.

ESTIMATED VOLUME, COUNTY FOOD PRESERVATION  
(Based on averages from 164 reports)  
(Applied to 470 contacts, plus actual data from 105 families)

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GROUPS	QTS. CANNED			GALS. BRINED			LBS. DRIED			LBS. CURED			LBS. STORED			LBS. FROZEN		
	Fruit	Veg.	Meat	Fruit	Veg.	Meat	Fruit	Veg.	Meat	Fruit	Veg.	Meat	Fruit	Veg.	Meat	Fruit	Veg.	Meat
Homemakers Club (17)	1345	322	0	0	10	0	109	0	0	500	0	0				104	70	2726
Gen'l Patrons (42)	7148	719	184	0	80	0	156	0	0	265	0	40				0	98	2440
Est. Total (Based on 740 contacts) (Averaged per family)	59690	8460																
L.D.S. Patrons (105)	9450	2096	525															
County Total	69140	10556	709		90		265			765		40				104	168	5166

4-H Club Food Preservation

4-H Club	QTS CANNED			BRINING PICKLES			POUNDS FROZEN		
	Fruits	Veg.	Meats		Veg.		Fruit	Veg.	Meats
9 members	1077	206	55		28		46	79	183



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#### 4-H FOOD PRESERVATION

Nine girls in four areas of the county chose to carry a food preservation project with a mother-daughter set-up. Several more girls indicated an interest but failed to report work done; mothers seemed to lack interest in these cases.

Reports showed the nine girls canned 1089 quarts of fruit, 492 quarts of vegetables, 13 quarts of meat, 8 gals. of cucumber pickles; also, 166 lbs. of fruit, 132 lbs. vegetables, 148 lbs. of meat, mostly fryers, were prepared for the freezer locker by three of the older girls. One girl processed 11 pounds of home grown dates. Except for citrus, the county is not a fruit producing area; prices were exceedingly high, and year-round vegetable gardens contribute to the lack of interest in food preservation. The quality of the work was good as shown by the several exhibits shown, although recommended methods were not followed in all cases. Experienced mother canners have their pet ideas and dislike changing unless a loss disturbs them.

The assistant agent gave 19 days to food preservation work including 4-H, 8 adult demonstrations in six areas of the county and caring for requests through telephone and office calls, explained more fully in the adult division of this report.

#### HEALTH ACTIVITIES (ADULT)

To further both home and public health, the officers of the Rural Homemakers Council voted to offer aid to two measures-- the program of the Arizona branch of the American Cancer Society, and the effort to spread educational information regarding the fluorine content of water, as it affects tooth formation. Although both programs are progressive, to date, the Home Demonstration office has contacted homemakers and 10 fathers of families, to discuss the fluorine situation, as well as three sanitarians of the County Public Health Department. Informative leaflets were distributed to 112 persons.

At six meetings, in a like number of areas, the Agent cooperated with the State Commander of the Cancer Society to present information to 122 persons. Three rural leaders gave time to the planning conference.

#### HEALTH AND SAFETY WORK (4-H)

In keeping with the national emphasis on good nutrition and health, 4-H'ers were keenly aware of and interested to do their share in making better conditions for health in their own families, especially through the "Better Health Through Better Meals" campaign.

Most 4-H leaders used the bulletin "Health and Attractiveness" supplied to all members to arouse interest in personal health through better habits, good posture, proper food, cleanliness, and discussed the value of regular physical checkups. More than 700 girls were reached with this training. Twenty-one 4-H Club girls attending the 4-H Summer Camp and twenty-three Senior Club members made it a part of their health work to have a physical examination during the year.

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Farm and Home Safety also was a phase of regular club work regardless of the project selected. Since most club members were rather young, their activity centered around searching out fire and accident hazards around their own homes, then setting about to remove these hazards or prevailing on older members to assist them when that was needed. Six hundred fifty girls were given training in fire and accident prevention.

The Agent prepared some interesting posters used with talks when visiting 4-H Clubs and often was quite amazed at what the 4-H'ers had accomplished in the way of safety. The Agent gave an estimated 36 days to these activities in all their ramifications.

Barbara Jean Austin, a senior club member of Scottsdale won county, state and sectional honors on her safety record which gave her a trip to the National 4-H Club Congress in Chicago and a \$200.00 scholarship. Barbara will enter the State University next Fall. This is her third time to place in state contests.

#### HOME MANAGEMENT AND FAMILY ECONOMICS (ADULT)

Data recorded in the statistical report under these headings, include work accomplished in time and money management projects. The Agent assumed responsibility for the presentation of these phases within the county, after a workshop and conference at state level.

#### TIME MANAGEMENT (ADULT)

The Clothing Specialist presented the workshop on time management for Agents in the state. The work was keyed to all types of tasks within the household, but Agents were permitted to select specific problems which would be pertinent to county plans, and to develop demonstrations for county fields. The Agent chose Simplified Ironing as a demonstration of time and motion study.

The principles learned and the techniques acquired were relayed to 6 leaders by the Agent. The assistance to leaders resulted in 16 demonstrations for 342 homemakers. The Agent, alone, presented only one of the demonstrations, but rendered assistance with discussions at 6 of the other meetings.

When asked about acceptance of the method of ironing, 66 families reported having altered their own methods, and having adapted the method to use on standard ironing boards; two reported having secured larger recommended boards. Nine extra families were assisted by leaders who had tested the method.

Another phase of time management was a leader-training session at which the Agent assisted 20 leaders who had been assigned the task of cutting 26 mattress ticks. The method used was one which the Extension Service adopted during its inclusive mattress-making program of former years. One hundred comforter batts were reported by these leaders.

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### FAMILY ECONOMICS (ADULT)

Problems of family finance were taught through demonstrations by the Agent, in four areas, with 29 members present. In addition, there were nine families keeping Extension account books.

Approach to money problems was made from two angles-- a practical lesson indicating the relation of family expenditures to the pattern defined by economic laws, and a graphic comparison of what actually happens when costs of living rise and fall. Statistical data from several sources were used as the patterns for the graphic demonstration. Such data as were available from Arizona sources were used in comparison with studies made elsewhere, and with figures which rose from war conditions, rationing problems, and price control data.

A practical evaluation of standards of living was made by each woman present. This was based on her personal choices in goods and services.

### CLOTHING (ADULT)

Four phases of Clothing study for adults were presented during the year. These were Clothing Storage, Care of Clothing, Clothing Selection and Construction and Work Simplification in Clothing Construction. Of the four, the storage problems received greatest emphasis, since it was the phase on which the Specialist gave training to leaders. The aims and accomplishments for each type will be presented separately, because the figures are thus segregated in the statistical report. All phases possessed management features, thus supporting the general program for the year.

#### Clothing Storage (Adult)

The Clothing Storage project was begun in the latter part of 1944, and only a portion of its progress could be recorded in the annual report of that year. That portion consisted of 6 leader-training meetings, planned and presented by the Specialist, to prepare 17 club workers to extend skills and processes learned. At one series of leader-training meetings, the Specialist taught the construction of devices for more adequate storage of clothing. These were selected with special reference to local needs and climatic conditions, and consisted of cabinets for shoes or other small articles, shoe racks and protectors, hat stands and boxes, hangers of collapsible type, and various types of bags for garment protection.

At the second series of training meetings, the Specialist extended information to include the arrangement of small storage areas, including dresser drawers and other drawer space which might be used for the storage of clothing. The special devices necessary for the division of such space were demonstrated by the Specialist. Supervised instruction was given regarding their construction. As an additional phase of general storage of materials, the Specialist assisted the leaders with the construction of sewing cabinets and boxes.



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With this background of training, the leaders proceeded to extend the work. Either in conjunction with the Agent, or independently, they reached 66 club members during the course of 8 meetings. Of the total meetings, the Agent and leaders presented 7 to 58 persons, and the leaders, alone, gave 1 for 8 persons. The work met a real need in the county and was enthusiastically received by the groups who worked to complete articles and place them in their homes. In a later portion of the report on Clothing, some concept of the extension of ideas, as given by the Specialist, Agent and leaders, will be evident in the presentation of practices accepted in the field.

An item of interest in this connection came in an interview with a leader who reported that 84 shoe racks and 54 hatstands were constructed by members of one group and sold as a feature at an annual bazaar. She commented that they could have disposed of twice as many, had they had time to construct them.

The families interested in storage accomplished the following results:

Shoe Racks made . . . . .	99	Sewing cabinets made . . . . .	25
Closets improved . . . . .	81	Dresser Drawer Space	
Closets Built . . . . .	1	Improved . . . . .	28
Hat Stands made . . . . .	66	Hangers made . . . . .	6

#### Care of Clothing (Adult)

Subject matter for demonstrations in care of clothing was provided by the Specialist two years prior to the requests which came for such work during the current year. However, the material was as timely as ever and could be fitted into the 1944-45 program, which was still feeling the effect of the war, insofar as effective commercial cleaning and care of clothing was concerned.

The Agent was asked to present one demonstration on Dry Cleaning of Clothing, and three on Pressing of Clothing. A total of 78 persons were reached, of whom 32 were homemakers. The additional 46 contacts were members of a 4-H Club. The meeting for them was arranged by the Assistant Agent.

#### Clothing Selection (Adult)

Selection of clothing was confined to a demonstration given to 31 adults relative to textile identification and classification of textiles found as yardage, or on racks in shops.

#### Clothing Construction (Adult)

One phase of construction of clothing took the form of a "special interest" group, organized and sponsored by two leaders. They recruited five families in low income levels who felt the need of basic training in construction of simple dresses for themselves or their children. The Agent assisted these leaders by assuming responsibility for 3 work meetings, at which a dress was carried progressively through all of the steps of construction. Each woman was assigned certain tasks in the construction, and had opportunity for observing others or for watching such steps demonstrated. At the final meeting, the leader took complete responsibility for supervising the finishing



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steps and for checking the results. She also rendered assistance with the construction of 6 garments for children in the family.

#### Work Dresses and Aprons (Adult)

Another phase of Construction was presented when the Agent met with 3 groups for discussion and demonstration of Work Dresses and Aprons. This topic might have been classed as Home Management under "Work Simplification"; however, it is presented herewith as a clothing phase, since it fitted well into the program and stemmed from the office of the Clothing Specialist.

The Agent met with 37 women interested in the subject. Dresses and aprons, from the group of patterns suggested by the U. S. Bureau of Home Economics, were constructed by the Agent, and together with a like group loaned by other Agents, were presented to the women. Each style of dress or apron was modelled by a woman present, and while yet on the model was discussed in the light of good points in construction and style.

The Agent considered the field an excellent one to illustrate dress-making management, so arranged the patterns on suitable backgrounds and discussed a sequence of construction to minimize the amount of basting and the number of fittings. The work is to be extended into the current year, hence no data on the use of the patterns are yet available.

#### Work Simplification in Clothing Construction (Adult)

Nine leaders, representing a working membership of 250 women, asked for assistance from the Extension Service in the matter of training for leadership in work simplification in the clothing field. The specific problem confronting them was one of multiple cutting of several hundred garments for adults and children of all ages. The leaders were members of the Relief Society Board of the Maricopa Stake of the L.D.S. Church.

The Agent met with the 9 leaders for a training meeting, having first visited the proposed work room and having offered suggestions for its arrangement for certain changes in type and height of working surfaces and for needed equipment. During the course of the training meeting, the following steps were taken: principles of work simplification, derived from industry but adapted to the home processes, were discussed and illustrated by charts. Following this was a presentation of the relationship of routing of tasks, and of placement and storage of equipment to efficiency and fatigue. Master patterns were indicated as a necessary tool in multiple cutting of garments. These were demonstrated by the Agent, following which 42 were cut, from specially toughened paper. These were labelled and stored unfolded, in space previously arranged by the Agent and a leader.

After the patterns were made, a work crew was assigned as follows-- 1 lay-out worker; 2 cutters for basic parts; 2 cutters for finishing parts; 2 workers to assemble and label parts, and 2 bundle wrappers, since the cut articles were to be shipped to various workrooms. The crew then cut a sufficient number of garments to test the efficiency of the work plan, the patterns and the composition of the crew.

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The chairman of the group of leaders offered an inclusive report on the use of this training. The general plan of work simplification, as offered by the Agent, was extended to all of the Stakes of the state, through 8 leader conferences. The Stakes comprise 75 Wards. Since the figures of significance in this report are only those reflecting influence in Maricopa county, data of local acceptance have been statistically used. These data indicate that there were 775 articles of wearing apparel cut and made by the plan offered. The apparel consisted of 350 pajamas, 140 aprons, 140 slips, 65 skirts and 80 gowns. The construction was accomplished at 63 work meetings, at which chairman instructed by the 9 leaders met 1890 women in 21 groups.

#### Construction of Foundation Patterns (Adult)

Clubs requested that the construction of Foundation Patterns be a project for Homemaker club members and other organized groups. They indicated that the work would be a project for 1945-46, but elected to begin initial work in September 1944. For this reason mention is made of the project, a report of its progress. to date. offered. but no summary given.

Agent-training for actual work and for the plans for the project was given by the Specialist in a 3-day session. Following this session, the Specialist offered 2 training meetings for 8 leaders, following which the Agent and leaders extended the beginnings of the project to 55 in the course of 7 meetings. In two districts, the leaders independently instructed 23 women; at 5 meetings the Agent assisted leaders, and in 2 areas gave demonstrations, herself. Final figures of the extent and progress of the "Foundation Pattern" project will be a part of the yearly report for 1945-46. No finished patterns, or resultant garments, have as yet been reported.

#### Miscellaneous Clothing Activity (Adult)

In this phase are reported such contacts as a group of 11 women working on clothing accessories; a small group of cooperators who are sponsoring the "Consumer Speaks" phase of the Family Economics Committee of the American Home Economics Association, and a report of contact of patrons who are not regularly enrolled in clothing study, but who call for assistance, by telephone, office call or written communication. This latter group numbers 76 persons, 51 of whom received clothing bulletins of one type or another. Their number appears among the total families served through all types of contact in the Clothing program.

#### Summary of Accepted Practices in Adult Clothing Program

From schedules sent out by the Home Demonstration office requesting a record of accomplishments in all projects in Clothing, and from reports of clothing leaders, it was determined that 1241 practices resulted from instruction in Clothing Construction. Members of Homemakers Clubs constructed 135 new garments and remodelled 26 old ones. They extended assistance to 22 neighbors. Data supplied in this field by the Wards of the L.D.S. Church indicate that their groups made 775 garments in the course of the year. All were new.

In Clothing Storage, 171 storage devices were constructed and 135 storage spaces provided. Miscellaneous service to Clothing patrons, including contact by the usual office aids, reached 76 persons.

#### 4-H Clothing Club Work

Clothing is the most popular project with Maricopa County girls; 499 girls enrolled in 28 groups in 22 communities; 57 of these girls carried a duplicate project—either canning or foods.

One group of 16 girls and 2 girls from separated areas were in High School. Seven of them completed two or more projects. Seven of these girls modelled dresses they had made in the Senior Dress Revue at the County Fair. Jean Kunze of Alhambra entered the state Clothing Achievement Contest sponsored by the Spool Cotton Company to place second. Her opponent won in National competition. Bernice Sharp, our Dress Revue entry, placed fourth in that contest. Three hundred seventy-one girls completed their clothing projects. Records show 1353 garments or household articles were made; 70 garments were remodelled or remade. Through the 4-H clothing program 450 families were assisted with construction problems, 320 with selection of clothing and textiles, 210 with renovation and remodeling of clothing; 78 older girls kept clothing accounts as a part of their family responsibility.

In line with high prices, material shortage and war-time demands, emphasis was placed on clothing care and repair, also on care in selection of material and style to give long wear and ease of laundering.

Local exhibits, often Dress Revues, are regular features of Achievement Day programs. Evaluation of work or judging under the supervision of the agent or leader, is a popular activity.

All 4-H Clothing groups made entries at the 4-H Fair, had representatives in the Dress Revue and participated in the judging contest. There were 3 Clothing Demonstration Teams in that Contest. Arlington team ranked highest with an excellent demonstration on "Selection of Style for the Thin or the Chunky Girl."

The assistant agent supervised the work through supplying literature, related subject leaflets, illustrated helps, leader conferences, club visits, technique demonstrations, phone and office contacts.

Two kits of illustrative techniques used in required construction processes were loaned over the county and served to standardize certain fundamental processes. The Assistant Agent gave 41 days to the project in the county and gave 30 demonstrations in connection with visits to local clubs. Miss Ryan, Home Demonstration Agent, gave a most interesting pressing demonstration to the Senior 4-H members and Home Economics class at Scottsdale.

The Clothing Specialist was most helpful through office conferences and adult clothing leaders training meetings which the agent appreciates very much. Patterns and illustrative material also ~~was~~ furnished to the 4-H worker.

Shortage of cotton yardage was a real problem; first year girls made most of their articles from feed sacks. One Phoenix Store set aside yardage for 4-H girls. Two others called the agent on several occasions when yardage was available. It is hoped with cessation of the war, more yardage may be available for the next year.



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### FAMILY LIFE AND COMMUNITY RELATIONSHIPS (ADULT)

During 1944-45, a workshop for Agents was arranged by the State Leader, in order that each might secure training in the field of Family Life. Lydia A. Lynde, Parent Education Specialist, United States Department of Agriculture, was the group leader and Specialist in charge.

During the four and a half day session, Mrs. Lynde carried the Agents through three phases of the study of Family Life--

- (1) presentation of the general background of stresses encountered in family life, with subsequent discussions of the psychological patterns of human behavior,
- (2) an 8-point method of analysis of personal and group problems, whereby the family members might solve their own problems, with suggestions from Extension personnel, and
- (3) a work shop designed to assist Agents in evaluation of the 8-point method and in application of its principles to family problems as they arise in all of the departments of the home, whether it be Nutrition, Clothing, Home Improvement or any other of the many aspects of homemaking. Each phase of the program was developed by the Specialist with infinite care and yielded much material of practical use for Agents present.

### Leader Training in Family & Community Life

Within the county, during the year, plans for a community service in the field of Family Life were formulated by the Rural Homemakers Council, in cooperation with the Public Relations Committee of the Young Women's Christian Association and the Maricopa County Farm Bureau. Inasmuch as there was no specialist available, and that the training course by Mrs. Lynde had not yet been given for Agents, the sponsoring agencies secured the services of Dr. H. Clay Skinner, psychologist from the Arizona State Teachers College, who presented training to 18 leaders from 5 communities, through 5 leader training discussions. Both Agents enrolled for the course.

Space in this type of report does not permit full discussion of the work of leaders under the guidance of Dr. Skinner, but suffice to say that he stressed basic behavior patterns, maladjustment and its causes, and gave the general principles of lay counselling. He applied each phase to the problem of dealing with family members, and to men in the service who would be returning to civilian life.

There were 133 persons in attendance at his meetings, some of whom were not leaders.

### Discussions at Community Level

Records of extension of activity in the Family Life program, indicate that leaders returned to three communities to stimulate the organization of community groups, for planned cooperation with the returning veteran or to relay information to the group which they represented. In one community, the discussion was presented informally by the leaders; in another, a community committee was set up to arrange for a group discussion led by Dr. Skinner, while in the third instance a more inclusive plan included a series of 4 community meetings arranged for 33 leaders representing churches, federated groups and civic and

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fraternal organizations interested in assisting service personnel when they return to the community.

Thus, the leaders in the county were responsible in one fashion or another, for the extension of information to 297 community members by a total of 14 meetings. The Extension Service provided two Rural Sociologists and a County Agent to assist with discussions in two communities.

The Community of Mesa, with its 33 leaders, developed a Community Council for further service as the result of its work. Consisting of representatives from 21 organizations, it now meets routinely to develop plans whereby the returning service man and woman may be assisted with adjustment problems relating to business, education or personal life. Its chairman reports that 8 meetings for the Committee have been held to date.

Its accomplishments have social significance. Through its executive committee, composed of five persons, two of whom are women, it has reorganized the Red Cross, for its part to be faced in connection with the social and civic problems of post-war adjustment, revived the Mesa Welfare League, and is now working on the organization of a much-needed Social Service Council to determine the distribution of responsibility among agencies in order to speed up the adjustment program. The motivating spirit of the community program is the president of the Rural Homemakers Council who originally worked zealously to have the first leader-training series of meetings presented by Dr. Skinner.

#### Family Relationships 4-H

While there is no Family Relationship project in 4-H work in the county, a conscious effort is made by the Agent in charge when holding conferences with leaders and on occasions of club visits to tie club work up to the home. Parent contact leaflets are sent home with new enrollers especially, to get the parents' signed approval for the girl or boy to join and the expression of willingness to cooperate. Leaders are urged to point out ways in which project work of 4-H members can or does contribute to make the home a better, happier place, and how this work can aid the member in sharing home responsibilities.

Mother-daughter parties at club meetings have proved interesting and regular events in many groups.

Parents generally show an interest in what the 4-H program is doing through attendance at the Annual 4-H Fair, at local Achievement programs, and are often the first to call the county workers to inquire about program organization.

#### COMMUNITY AND AGENCY CONTACTS. (ADULT)

General community service consisted of attendance at 15 meetings. These contacts were limited to luncheon meetings given by cooperating or commodity groups; Achievement Days, either held by adults or 4-H members; public meetings related to food preservation or preparation; a county-wide meeting of sanitarians from Public Health departments, and a series of meetings assisting a staff member from the Home Economics department, University of Arizona, who conducted a study of farm housing in Arizona.

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Related agency contacts were made with the Parent-Teacher Associations, War Institute, Arizona Home Economics Association and with the State Vocational Home Economics Department. There were 7 such meetings.

#### Achievement and Recreation Meetings (Adult)

The members of the Homemakers Clubs, and those of affiliated agencies, held one Achievement Day, which is an annual event. In addition to the social aspects of the day, a program was planned to stress one phase of study which had taken place during the year. The phase chosen was Family Life, emphasized by an address given by Dr. Virginia Lewis.

Exhibits arranged by the Clubs included equipment for work simplification, a display of food conservation, one of packaging for frozen foods, articles constructed during the progress of the clothing storage project, and a book shelf of current literature dealing with Family Life.

At an additional recreation meeting, the club members built a program about the interdependency of countries, with an emphasis on goods provided by them for our health, subsistence, comfort and culture. Since the meeting was a holiday affair, the group further added to the note of interdependency by including the history of Christmas traditions.

#### Recreation and Community Life 4-H

The Assistant Agent has enjoyed the pleasant contacts with Related Agencies and the activities planned by Home Economists in other fields. She worked on Dr. B. Eleanor Johnson's committee for registering all Home Economists of the state; also served on the program committee headed by Dr. Jessie N. Rannells for the State Home Economists Association.

She served with the Emergency Food Preservation worker to check a battery of pressure-cookers for loan maintained to clients over the county by the Farm Security Administration. Meetings of a miscellaneous nature arranged by professional groups include such activities as the Evaporated Milk Ass'n., Wheat Flour Institute, Marketing and Distribution Administration and the Vocational Home Economics Ass'n.

The Annual Conference, Planning Conference and office and field conferences have each been valuable helps and teaching devices for putting over the extension program.

The Assistant Agent worked with Maude Longwell and Ernie Douglas to prepare two 4-H Club broadcasts and participated in one. These had to do with the 4-H Club Fair and Outstanding Achievements of club members.

Eight publicity articles pertaining to 4-H Club work were prepared for publication by the Assistant Agent.

Roosevelt 4-H clubs put on a very creditable Fair, sponsored by the Men's Civic Club.



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The Annual 4-H Club Fair is an institution in Maricopa and highlights the year for all project groups, who eagerly look forward to attending, exhibiting and participating in its many contest activities.

The Fair is held on the beautiful campus of the Arizona State College at Tempe and is sponsored by that Institution. Members of the College Leadership Club, this year composed of eleven young women (the two young men enrollees having gone into military services) planned for and served as superintendants of departments under the able and experienced direction of the Faculty Sponsor, Mr. F. E. Ostrander.

All clubs are annually represented. This year fewer clothing exhibits came in. However, the Judges reported better quality of work and the best "Dress Revue" exhibition in five years. Special commendation went to six girls who competed in the Senior Dress Revue. These costumes represented the various classifications in advanced clothing work and came from three widely separated communities.

From this group came Maricopa County's Clothing Achievement and Dress Revue contestants. Fifty girls modeled dresses they had made in the Junior Revue.

Greater originality was displayed this year in the Food For Health posters and supporting exhibits, which exhibit is a group enterprise. First place went to Tempe Training School group, 2nd to Palo Verde, 3rd to Scottsdale Senior Club.

Increased interest in the Demonstration Team contest was evidenced by the fact that ten teams entered with a wider range of interesting and well presented demonstration subjects. First place Dairy Foods Demonstration was won by Scottsdale with "Uses of Sour Milk and Sour Cream in Farm Family Meals."; Second to Palo Verde with "Making of Cottage Cheese at Home." First in General Foods went to Avondale with "Helping Mother by Correct Setting of the Table"; second to Palo Verde with a "Cleaning Silver" demonstration. First place in the Clothing Division went to Arlington with "Style Selection for the Thin and the Stout Girl"; second to Palo Verde with "Removal of Common Stains" demonstration.

Judging in both foods and clothing attracted large groups of girls and awards for high individual and team placings were widely distributed over the county.

It was estimated that 1,500 4-H'ers and others attended each of the two days. An especially large number of parents participated in the Saturday picnic and program.

First place in the Victory Parade went to Scottsdale Community; also the coveted Sweepstakes Cup for amassing the greatest number of contest points. This is their second year to win the cup.

The Assistant Agent shares with the Assistant Agricultural Agent in charge of Boys Club Work the responsibility for cooperating with the Fair Commission to set up eligibility rules and premium lists, and for the two day program. She also assists with the physical set-up, checking entries and



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eligibility of entrants, judging standards, publicity, securing judges for girls' exhibits and contests, activities, and to summarize records following the Fair.

The County Staff cooperates in this project, and the State Office is most generous in providing judges and in planning any requested assistance.

Outstanding achievements have been mentioned in connection with the Fair and project discussions so will not be further treated here. Local Achievement programs are regular features of the 4-H Club activity for the year. These programs vary---often being held jointly with school "Honor Day" assemblies, or occasionally with graduation exercises, more often, with exhibits of project work, dress revues by clothing groups, pageants and programs put on by the boys and girls. County workers are expected to attend. They give out certificates and pins to those members satisfactorily completing projects and turning in records on time. Parents are urged to attend in most communities. Twenty-eight Achievement Days, attended by 4259 people, were held during late April and May.

Mrs. R. E. Brannen, for seven consecutive years a fine 4-H Club leader at Avondale, is to be presented with a jeweled leadership pin in recognition of this service.

Two boys and two girls won trips to the National 4-H Congress at Chicago; one girl won a scholarship. Four members were State Contest winners; five others won War Bonds in Contest competition.

The biggest recreational event for the year was the 4-H Camp attended by 21 girls and 20 boys, a leader and the Assistant Home Demonstration Agent. Teaching of useful crafts, hikes, dances, campfire programs, swimming and fishing, along with camp duties, kept everyone busy and happy for the ten day period.

Local Clubs have well planned recreation at events ranging from Mother-Daughter parties to weiner roasts, dinners, swimming parties, bonfire parties and picnics. Leadership in these events is developed to a high degree.

#### PUBLICITY (ADULT)

A publicity program, inaugurated in 1944 and continuing throughout the current year, provided for the preparation of timely subject matter articles in Homemaking, to be released by four county papers. Responsibility for these releases rested, jointly, on the Agents. By occasional conferences, both Agents surveyed suitable subject matter and cleared topics to avoid repetition.

The Agent prepared 25 publicity manuscripts; the Assistant Agent, 24. These released by four papers resulted in 100 and in 96 articles, respectively, making a publicity coverage of 196 releases. Sample clippings are appended to this report.

Miscellaneous publicity, although unrecorded statistically, was provided by the Agent to local papers relative to the general meetings, the work of the County Council, and the leader-training classes of Specialists.

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### WAR ACTIVITIES (Adult)

The imprint of war on family life was reflected in the program planned and executed for 1944-45. Groups elected to study nutrition from the angle of control of food wastes; clothing, by consideration of ways and means of suitable selection, care, construction and storage, with the latter as a major emphasis; Home Improvement through restoration of furniture already in use; Management of time, through work simplification, in order that women may have free time either for leisure or for contribution to community war effort. Money management became significant when advanced costs of living necessitated wiser use of income, and some form of household accounting. Family Life problems assumed importance for a certain group who realized that they would soon meet adjustment problems, at community and family levels, when their service-connected members came home. Opportunity for cooperation on projects dealing with family and community health came through contacts with the cancer control program.

### Bond Drives

The State Chairman of Bond Drives reorganized the general structure of rural coverage in Bond Drives, to make for greater uniformity throughout the state. However, one of the Council members for the Rural Homemakers Clubs was retained as County Rural Chairman. Working with her were 6 appointees from the Clubs, all of whom contributed to her success as an administrator, and to the success of all drives in their areas. She maintained the same area divisions and the same method of neighborhood contact which had been set up by the Home Demonstration Agent at the beginning of the effort to organize rural Maricopa county.

### WAR ACTIVITIES 4-H

The outstanding contribution of the Assistant Agent apart from regular project activities was assistance with the War Bond Drive with the 4-H'ers. The response was all that could be asked. Maricopa County 4-H'ers sold slightly under \$184,000.00 during the Sixth Bond drive. Two groups of 4-H girls assumed responsibility for war stamp sales at the schools.

### 1945-46 GOAL FOR 4-H

More clubs, continued activity and a longer period in club work is our goal for 1945-46.

### SIGNIFICANCE OF YEARS' PROGRESS AND ACCOMPLISHMENT (ADULT)

Results of the Home Demonstration work in Maricopa County, 1944-45, assume significance only in comparison with goals set by the Agent and by the rural homemakers who comprised club groups, by Council membership or by needs of clientele outside of organized groups, as reflected by the assistance



WOMEN ENROLL IN RURAL  
HOMEMAKERS CLUB AT ALHAMBRA





SPECIALIST AND LEADER DISCUSS  
PREVENTION OF WASTE OF FOOD NUTRIENTS



LEADERS DEMONSTRATE SERVICE  
OF FRUIT TO AVOID WASTE



SPECIALIST TRAINS LEADER AND  
AGENTS AT CLOTHING  
STORAGE MEETING



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SUMMARY OF PROJECTS AND RESULTS  
(Maricopa County Home Demonstration Program)

	NUMBER OF DEMONSTRATIONS			ATTENDANCE AT DEMONSTRATIONS											
	COMMUNITIES	LEADERS	ENROLLMENT	SPECIALIST	AGENT	AGENT & LEADER	ASS'T AGENT	EMERGENCY AGENT	LEADER	SPECIALIST	AGENT	AGENT & LEADER	ASS'T AGENT	EMERGENCY AGENT	LEADER
ORGANIZATION (CO)	12	20	655												
HOUSE FURNISHING	6		81		7						52				
FOOD MANAGEMENT	6	13	94	2		3			1	13		49			10
RED CROSS NUTRITION	1		10		5						31				
POINT SAVING MEALS	1		18		1						13				
FOOD PRESERVATION	Co. Wide	8	None Enr.		6*		7*	7*			56*		122*	123*	
HOME SERVICE OF MEALS	13	12	655	1	In Progress					18		In Progress			
HEALTH & SAFETY	6		119												
TIME MANAGEMENT	7	6	344 Est.		1	6			9		12	70			270
FAMILY ECONOMICS	4		61		4						29				
WORK SIMPLIFICATION	21	30*	800 Est.		1				63		9				1890
CLOTHING STORAGE	7	17	263	6		7			1	55		59			8
CARE OF CLOTHING	4		None Enr.		5						78				
CLOTHING SELECTION	1		"		1				1		31				5
CLOTHING CONSTRUCTION	16	31*	680	2	10	7			4	21	92	55			20
FAMILY LIFE			None												
HOME BEAUTIFICATION	5	51	Enr.	5					1	133					8
Project reported by Assistant County Agent															

\*Duplicate figures



Table 2. (Cont'd)

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	OTHER SUBJECT MATTER MEETINGS	ATTENDANCE	ACCEPTED PRACTICES	EXTENSION TO NEIGHBORS
ORGANIZATION (CO)	29	162		
HOUSE FURNISHING			12 chairs, 8 slip covers, 16 pictures	
FOOD MANAGEMENT			44 Improved methods	11
RED CROSS NUTRITION				
POINT SAVING MEALS				
FOOD PRESERVATION	6	110	112 P.C., 10 loans	
HOME SERVICE OF MEALS				
HEALTH & SAFETY	6	122		4
TIME MANAGEMENT			66 Simplified ironing, 2 boards, 26 mattress ticks, 100 comforter batts	9
FAMILY ECONOMICS			9 Acct. books	
WORK SIMPLIFICATION			140 slips, 350 pajamas, } 140 aprons, 65 skirts, } 42 "Master" 80 gowns } patterns	630
CLOTHING STORAGE			171 storage devices, 135 storage spaces	12
CARE OF CLOTHING				
CLOTHING SELECTION				
CLOTHING CONSTRUCTION			910 new garments, 26 remodelled	5
FAMILY LIFE	16	312	1 Community Council	40
HOME BEAUTIFICATION	4	33		

they requested. One specific goal was to provide a program which would be flexible, inclusive enough to meet the varying needs of rural women, and timely. To widen the use of methods of teaching, in order to include any and all types of educational appeal was a second objective, while extension of service to additional groups constituted a third. To retain the use of leaders was likewise a goal, as was the inauguration of some phase of Family Life study, in order that rural women might be thinking along the line of anticipated post-war family relationships. There was a plan to keep apace with the progress of Food Preservation, in order that family health and nutrition might be safeguarded. Conservation of clothing supplies was set as a goal to be accomplished through better storage facilities. Finally, the Agent hoped to stimulate a more general interest in some phase of public health.

The program, as executed, indicates the following accomplishments--- extension of work to three new groups during the year, and to 235 new contacts at large. Records show, also that an over-all program was planned and carried out, with no specific emphasis, except as the club members centered interest in some phase and developed it after the initial work was offered. An example lies in the Clothing report, in which there were several phases rising from the general clothing theme.

Progress was made in the use of discussion groups in certain phases of work, thus deviating from the routine of demonstrations and work meetings. More inclusive and better planned publicity was released, and thus served as a means of reaching additional people.

Leadership training, and the resultant leader activity, remained static, except in the instance of one leader in Family Life projects, and 9 others who accomplished an unusual extension of processes learned in a Work Simplification project, in conjunction with Clothing Construction. The success of leaders was in direct relation to their particular skill and adaptability, plus knowledge of the subject, above and beyond what they could acquire during the one or two leader training meetings.

The goal of extension of interest to include some phase of Family Life was accomplished and grew into community service in one large area.

Food Preservation declined. There was a general decrease in calls for assistance in all fields. Significant was the shift in emphasis in handling fresh meats. Canning of meat dropped from an important Food Preservation practice to a very minor one, while preparation and storage of meats in freezer lockers made a rapid increase. This is considered a significant change for the better. Meats properly frozen will far surpass canned meats in quality, flavor and family acceptance. Large quantities of citrus juices and dates were processed under the guidance of the Vocational Agricultural and Home Economics group operating a cannery as part of the emergency war effort. It is significant that the methods used were those developed by the Home Demonstration service, with full acknowledgment made by the Agency. It is natural that the clients prefer to work in a large fully-equipped canning kitchen, rather than in their own limited quarters.

There is a noticeable increase in number of young homemakers who have come into the program with the advent of the three groups mentioned. Roughly, 75% of the new members would range in age from 22 or 23 years to

30 years. The fact that such women are rather recently out of school will make an imprint on program planning. It will be necessary to remember that some are graduates from Home Economics departments, and will require an entirely different type of subject matter and of approach.

A particularly promising group of younger farm families are working with the Home Demonstration office as a direct result of a survey made in the area by Mr. A. B. Ballantyne, Rural Sociologist, who provided information to be used as a basis for organization.

#### Evaluation and Outlook (Adult)

For some time past, the Agent has desired a small county program planning committee within the Council. This group has been appointed and will assist with the 1946-47 program plans. Likewise, a County Health Committee will attempt to determine ways and means of furthering some specific phases of health education in communities. This will be done under the guidance of the Director of the County Health Unit.

Club members already evidence interest in activities outside of the limited contacts resulting from the gas and tire situation. They indicate ability to attend group meetings and to assist in civic and community projects.

An interest has been expressed in new goods and services on the post war markets, and an awareness that education in buymanship may be very desirable.

There is a tendency to desire a fairly diversified program to serve the multiple types of women who constitute clubs or cooperating groups.

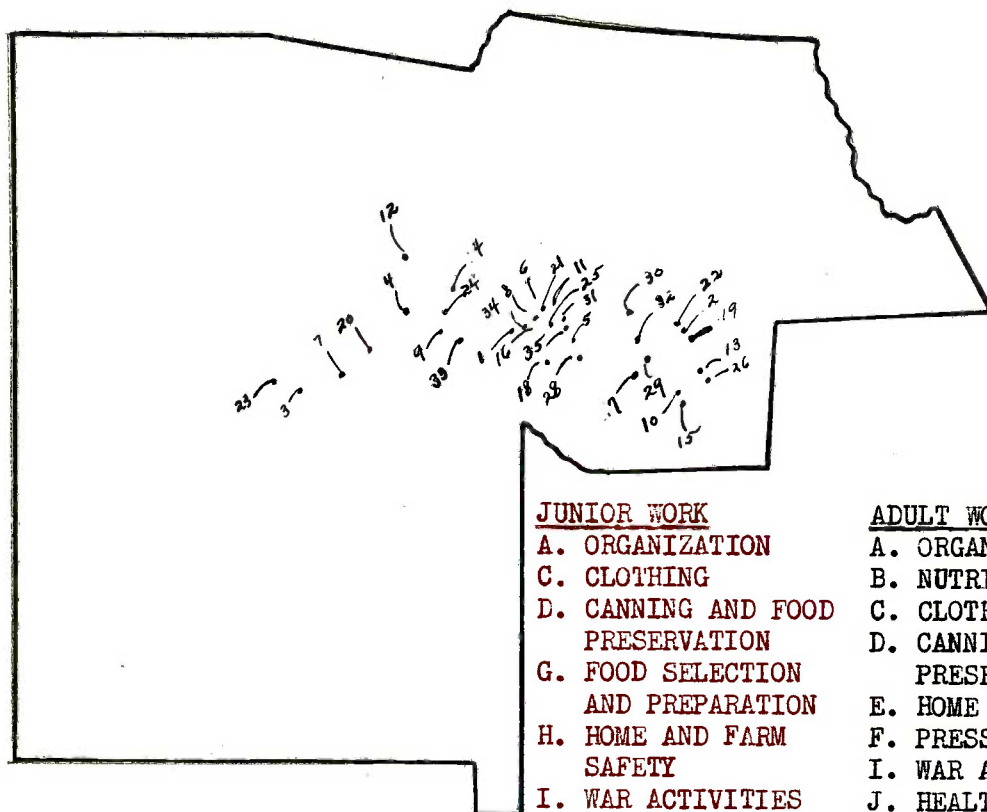
Trends in Food Preservation point toward accelerated interest in the production and preparation of foods for freezer lockers or home freezer plants. It would appear that this method of handling food will supersede others, in a portion of rural families. The scarcity of lockers will be a large limiting factor, but will ultimately be beneficial in that a more educational program can be offered in the interim. This should prevent a tide of buying lockers before patrons are conversant with costs, efficiency and methods which can insure good results.

Clothing trends are not defined, but point to the fact that the homemakers are weary of the shoddy goods on the market and wary of what may appear. Retrenchment in buying clothing is evident among the more conservative, and a tendency appears to favor construction at home until the condition rights itself.

There is some evidence of interest in work simplification as applied to food preparation.

A gap exists, as it has for some time, in recreational activity for groups in the home and for community groups. There is need for a strengthened program along this line, as well as for a balance at Homemaker Club meetings between subject matter and some recreation.





#### JUNIOR WORK

- A. ORGANIZATION
- C. CLOTHING
- D. CANNING AND FOOD PRESERVATION
- G. FOOD SELECTION AND PREPARATION
- H. HOME AND FARM SAFETY
- I. WAR ACTIVITIES
- J. HEALTH

#### ADULT WORK

- A. ORGANIZATION
- B. NUTRITION
- C. CLOTHING
- D. CANNING AND FOOD PRESERVATION
- E. HOME FURNISHING
- F. PRESSURE COOKER
- I. WAR ACTIVITIES
- J. HEALTH
- K. HOME MANAGEMENT
- L. FAMILY LIFE

1. Alhambra	A B C D F J K A C D H I J I	19. Lehi	C D K A C G H I J I
2. Alma	C D K L	20. Liberty	A C H I J
3. Arlington	A C J K A C H I J I	21. Madison	I A C H I J
4. Avondale	A C G H I J	22. Mesa	B C D F I K L
5. Balsz	A B C D E I J K L A C G H I J	23. Palo Verde	A B C D E F I J K A G H I
6. Baxter	A B C I J K L		J
7. Buckeye	A B C E I J K L A G H I J	24. Pendergast	D F A C H I J I
8. Cartwright	A C D H I J	25. Phoenix	D F L I
9. Cashion	D I A C H I J	26. Rittenhouse	C D K
10. Chandler	C D F K I	28. Roosevelt	A C G H I J
11. Creighton	D A C J	29. Rural	A C H I J
12. Dysart	A G H I J	30. Scottsdale	A C D G H I J
13. Gilbert	C D K A C H I J	31. Stevenson	A C J
14. Glendale	A B C J I	32. Tempe	C D K A C G I J I
15. Goodyear	A B I	33. Union	A C E I A C J
16. Grandview	A C H I J	34. Washington	A B C E I J K L
17. Kyrene	A C D G H I J	35. Wilson	D F I
18. Laveen	A C H I J		

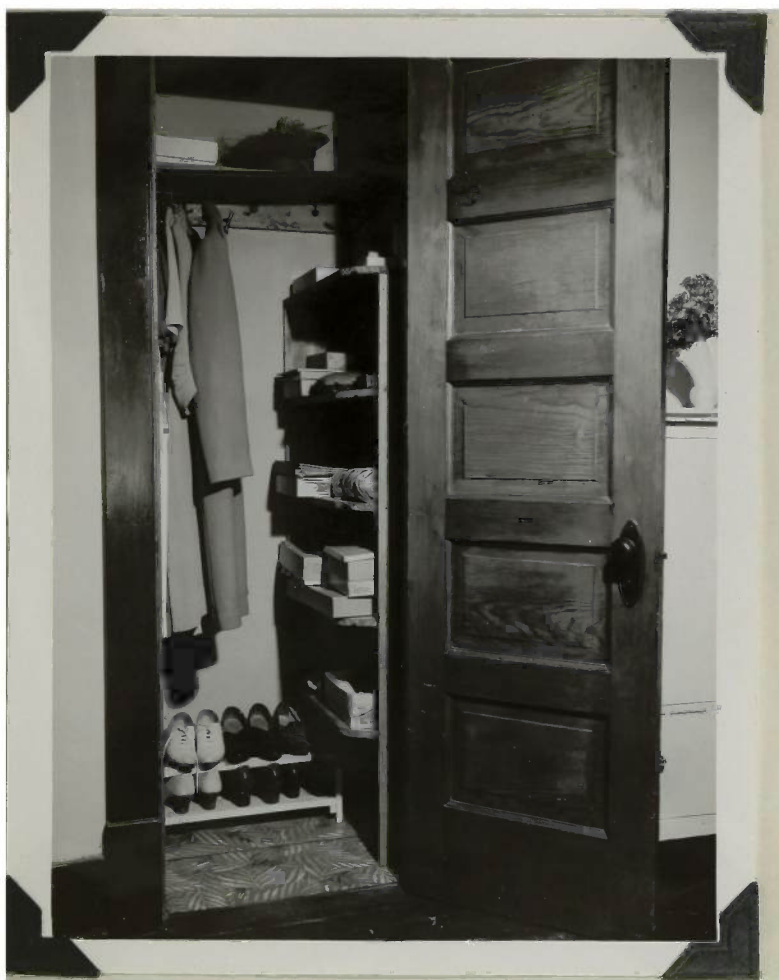


BABY WARDROBE CONSTRUCTED  
OF SCRAP LUMBER BY  
LEADER



ONE OF 8 SHOE RACKS  
MADE BY LEADER OF  
CLOTHING STORAGE PROJECT





CLOSET REARRANGED FOR  
CLOTHING STORAGE



STORAGE IS PROVIDED FOR  
PAINT SUPPLIES BY LEADER



AGENT DISCUSSES  
TEXTILE DISPLAY





NEIGHBORHOOD LEADER TAKES  
PRELIMINARY MEASUREMENTS  
FOR CHILDREN'S CLOTHING WORK



LEADER OF "SPECIAL INTEREST"  
CLOTHING PROJECT INSPECTS  
DRESS MADE DURING PROJECT

DRESS COMPLETED  
BY PROJECT MEMBER





AGENT PRESENTS PRINCIPLES  
OF WORK SIMPLIFICATION



LEADER TESTS  
PRINCIPLES IN  
IRONING A SHIRT





LEADER IRONS SHIRT  
BY OWN METHOD



LEADER COMPARES SIMPLIFIED  
METHOD OF IRONING SHIRT



DATE GROWER POLLINATES  
BUNCHES OF FRUIT



COMMUNITY SERVICE COMMITTEE PLAN  
FOR COUNTY WORK AT ANNUAL MEETING



OFFICERS OF COUNTY COUNCIL AND STATE  
LEADER CONSIDER NUTRITION PROBLEMS



COMMUNITY SERVICE COMMITTEE  
AND AGENT PLAN PROJECTS AT  
ANNUAL MEETING



CHAIRMAN OF COUNCIL AND OFFICERS  
PLAN CLOTHING PROJECTS  
AT ANNUAL MEETING





CLUB MEMBERS EXAMINE  
FAMILY-LIFE BOOK SHELF  
AT  
ACHIEVEMENT DAY



A C H I E V E M E N T

D A Y

G R O U P S





RURAL BOND DRIVE LEADER  
MRS. ERVIE LEEDHAM, BROADCASTS  
WITH STATE CHAIRMAN



FOOD FOR HEALTH POSTERS-----  
CANNED FOODS & RECORDS EXHIBIT  
4-H FAIR -- 1945



FOODS EXHIBIT AT 1945 4-H CLUB FAIR





MANY GARMENTS MADE BY 4-H'ERS  
WERE EXHIBITED AT THE 1945 4-H FAIR



JEAN KUNZE ---- ALHAMBRA  
WAS 1945 COUNTY CLOTHING ACHIEVEMENT WINNER  
AND CLOSE SECOND IN STATE CONTEST



TWO ALL 'ROUND WINNERS  
SCOTTSDALE SENIOR CLUB



BLUE RIBBON SENIOR CLUB  
DRESS REVUE -- 4-H FAIR  
1945



CLOTHING PROJECT MEMBERS STAGE  
DRESS REVUE . . . . FEATURE OF  
ANNUAL . . . . . 4-H CLUB FAIR





THE PARADE OF CLUBS IS  
A FEATURE OF THE ANNUAL  
COUNTY 4-H CLUB FAIR







THE PARADE OF CLUBS IS  
A FEATURE OF THE ANNUAL  
COUNTY 4-H CLUB FAIR





THE PARADE OF CLUBS IS  
A FEATURE OF THE ANNUAL  
COUNTY 4-H CLUB FAIR





THE PARADE OF CLUBS IS  
A FEATURE OF THE ANNUAL  
COUNTY 4-H CLUB FAIR





COMMUNITY SING -- MARICOPA COUNTY  
PICNIC AND PROGRAM AT 4-H CLUB  
FAIR 1945





BARBARA JEAN AUSTIN, SCOTTSDALE, TRIP  
WINNER ANNUAL 4-H CLUB CONGRESS, 1945  
COUNTY, STATE AND NATIONAL AWARDS



'CLEARING OUT THE AUSTIN GARAGE WAS ONE OF  
BARBARA'S TASKS -- LOADED LIMBS FROM PECAN  
TREES WERE SACRIFICED TO CLEAR VIEW OF HIGHWAY



FRANCES STOKOE- FOOD PREPARATION CONTEST  
WINNER-AWARDED TRIP TO NATIONAL 4-H  
CLUB CONGRESS



VIRGINIA CLUFF) SCOTTSDALE, DAIRY FOODS DEMONSTRATION  
MATTIE WHINERY) CONTEST WINNERS- AWARDED  
\$50 VICTORY BOND EACH



\*MARICOPA COUNTY 4-H CONTEST  
WINNERS BROADCAST OVER KOY  
1 - NATIONAL WINNER  
12 - STATE WINNERS



PARENTS AND LEADERS ENJOY THE SUCCESS OF 4-H'ERS





Just one of the planning groups which worked out next year's program at the recent annual meeting of Maricopa County Rural Homemakers, was made up of (left, around the table) Mrs. H. M. Nelson, Buckeye; Mrs. Othel Narramore, Palo Verde; Mrs. J. O. Pinnick, Balsz; Mrs. M. S. Emmett, Council president, Mesa; Mrs. F. S. Laurence, Washington; Mrs. Ruth J. Cox, LDS Relief Society; and Mrs. Isabell Pace, assistant County home demonstration agent.

## Busy Year Ahead

### Maricopa Homemakers Met To Think Up New Projects

**M**AIN business coped with at an April 16 meeting of the Maricopa County Rural Homemakers Council, was deciding what work they wish to cover in the year ahead. They had all manner of subjects and projects from which to choose, under the extension program. The 25 representatives from various communities were divided into planning groups to work out methods of presenting work projects in food and nutrition, civic and home health, clothing and home environment.

New wrinkles in the Homemaker program were planned to include short units of instruction for junior homemakers and wives of veterans who have moved into rural districts; neighbor-to-neighbor service for women whose home duties make it impossible for them to attend club meetings.

Mrs. M. S. Emmett, president, named the Council's officers on a sifting committee to outline the program from the many suggestions offered by the planning groups. Those officers are Mrs. Emmett herself, Mrs. L. F. Bailey, new secretary, of Alhambra; Mrs. Clarence McKibben of Washington, vice president; and Mrs. R. G. Langmade, Council representative in the Maricopa County Farm Bureau.

Mrs. Spencer Wilson of Buckeye, Mrs. Ervie Leedham of Phoenix Homesteads, and Mrs. Emmett formed a committee to work with Dr. H. L. Martin, County Health Officer, on problems of rural public health. The health program will include participation in the cancer control program.

Election of officers brought Mrs. Emmett and Mrs. McKibben right back into their jobs for another term, and replaced Mrs. J. R. Page, who has served two years as secretary, with Mrs. Bailey.

Plans were discussed by Mrs. J. W. Currie, of Washington, for the Maricopa County Achievement Day program, which was to be held April 27 at the Phoenix Recreation Center.

On hand to lend aid and moral support were Miss Jean Stewart, state leader of home demonstration work; Miss Grace Ryan and Mrs.

Isabell Pace, County home demonstration agents, and officers of clubs and wards as follows:

Mrs. C. T. Henderson, Alhambra; Mrs. J. O. Pinnick and Mrs. Langmade, Balsz; Mrs. John Mott, Phoenix Homesteads; Mrs. Marc Kentch and Mrs. H. M. Nelson, Buckeye; and Mrs. Lee Lanford, Palo Verde.

*Arizona Republic - April 18 - 1945*

## County Homemakers Council Plans Year, Elects Leaders

A full program of activities was outlined for the coming year and new county officers named at the annual program-planning meeting of the Maricopa Rural Homemakers Council Monday at the Young Men's Christian Association building.

Representatives included members of the county homemakers clubs, members of the wards of the Maricopa Stake, Church of Latter Day Saints, the Agricultural Extension Service and the Maricopa County Farm Bureau.

Members planned participation in the national home safety program, in rural health and civic programs, and increased activity in the work of defense agencies.

Officers named were Mrs. M. S. Emmett, Mesa, president; Mrs. Clarence McKibben, Washington district, vice-president, and Mrs. L. F. Bailey, Alhambra, secretary.

Delegates were divided into planning groups of "Methods of Presenting Work Projects," "The Food and Nutrition Picture," "Civic Projects and Projects for Home Health," and "Projects in Clothing and Home Environment."

As the result of a report made by Grace Ryan, county home demon-

stration agent, members planned a regular county-wide service in all homemaking phases for clubs, a specialized program of short units of instruction for junior homemakers, a program designed to aid wives of servicemen who settle in rural areas, and a neighbor-to-neighbor service.

The annual Achievement Day was set for April 27 and will be planned by Mrs. J. W. Currie, Washington district.

Problems of rural health will be probed by Mesdames Spencer Wilson, Ervie Leedham and Emmett, who were named as a special committee.

## Training Program Is Launched For Leaders In Nutrition

A program of training for nutrition leaders in various homemakers and home service clubs throughout Maricopa county was launched Friday when the first meeting was held in the Phoenix homesteads community house.

The meeting, which was arranged by Grace Ryan, county home demonstration agent, was attended by leaders of the rural homemakers clubs in the county, the home service department of the Glendale Woman's Club, and the wards of the Maricopa Stake of the Latter Day Saints church.

Miss Reva Lincoln, extension nutritionist with the University of Arizona agricultural extension service, served as instructor and discussion leader. The meeting top-

ic was "A Brushup in Food Selection and Preparation."

Discussion covered the use of pressure sauce pans for cooking vegetables, time and temperature controls for meat cookery, salad making, steamed desserts, and proper methods of setting a table and serving a meal. Miss Lincoln outlined follow-up lessons which will be presented during December by the leaders in their various communities.

Subsequent leader-training work in nutrition, which will be presented in March, will feature preparation of food for freezer lockers and boxes.

### ARIZONA REPUBLIC

Phoenix, Arizona  
Sunday, September 16, 1945

◆ 5

## Homemakers Set Training Meet

Rural Homemakers Clubs in the valley will inaugurate their fall season with a leader training meeting from 10 a. m. until 3 p. m. Tuesday at 1201 West Madison street.

Miss Lorene Dryden, clothing specialist for the Agricultural Extension Service in Tucson, will take charge of this meeting, which is to feature training in making foundation patterns.

Leaders of all valley homemakers clubs as well as representatives of Relief Society Wards of Maricopa Stake, Church of Latter Day Saints, will attend. Miss Grace Ryan, home demonstration agent for this county, is planning the entire meeting.

Organized to present an overall service to valley rural households

the leader training program for this year will be highlighted by discussions of food preparation, yard improvement and landscaping, preparation of foods for freezer lockers and household pest control.

### ARIZONA REPUBLIC

Phoenix, Arizona  
Tuesday, January 9, 1945

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## New Nutritionist To Instruct Rural Homemakers Club Leaders

Leaders from the rural homemakers clubs of Maricopa county will convene tomorrow and Thursday to participate in the second phase of a general home management program which constitutes the major project of the year.

Representatives from Buckeye and Palo Verde will meet at 1:30 p. m. tomorrow in the home of Mrs. Edith Edgar, while those from clubs adjacent to Phoenix will meet at 1:30 p. m. Thursday in the office of the home demonstration agent, 1201 West Madison street.

Miss Reva Lincoln, newly appointed nutritionist for the Agricultural Extension Service, University of Arizona, will instruct the groups. Arrangements were made by Grace Ryan, county home demonstration agent.

Miss Lincoln has chosen the conservation of food values as a food management lesson. She will build her discussion and demonstration for leaders around possible saving of food values in four commonly used foods—milk, a green vegetable,

citrus and meats. Leaders, thus trained, will relay this information to club members in group meetings during January and early February.

A graduate of Pennsylvania State College and of Cornell University, Miss Lincoln has a broad experience in research. She also has had teaching experience in the field of vocational home economics.

Club members from the Washington group and from Balsz met last week with Miss Ryan for a discussion of the relationship of rising costs of living to problems in money management.



## Saving Food Values



More ways to serve an orange than there are to skin a cat! Reva Lincoln, extension nutritionist (right) approved "orange-ways" demonstrated by Mrs. Harriet Leedham and Mrs. David Rogers, which included serving slices, sections, and partially peeled.

**I**N spite of wartime nutrition education, the Nation's garbage pails still show an appalling amount of food waste, Reva Lincoln, recently appointed extension nutritionist, told Maricopa County Rural Homemaker leaders at a January leader-training demonstration in Phoenix.

"But the garbage pails don't tell the whole story," Miss Lincoln continued. "They don't show the amazing waste of minerals and vitamins that occurs in the foods we eat." She went on to demonstrate that most of this waste is preventable—as preventable as the careless storage and poor cooking practices which cause it; then showed the Homemakers numerous ways in which they might get the best nutritive values from the foods they prepare and serve.

Milk for example: "Bring the milk in out of the sun," Miss Lincoln advised. "Strong light, especially with heat, destroys the riboflavin which is one of milk's most valuable contributions to the daily diet. Always use a double boiler and cover when cooking milk, for boiled milk leaves much of its calcium and protein content on the sides and bottom of the pan."

Cabbage should be stored in the refrigerator and shredded just before using. Outside leaves should never be thrown away—they contain four times as much calcium and iron, much more Vitamin A value and twice

as much Vitamin C, as the inner leaves! Serve cabbage raw, or cook cabbage only five minutes in boiling water. Losses of calcium, iron and Vitamin C are great when cabbage is started in lots of cold water. Avoid over-cooking, and cook only enough cabbage for one meal—there isn't much Vitamin C left in warmed-over cabbage.

Citrus fruits, oranges for example, yield the highest percentage of Vitamin C when the pulp is eaten rather than just the juice. If the juice is preferred, serve without straining. Find ways, Miss Lincoln urged, to use the peel of citrus fruit—it contains far more Vitamin C than the pulp!

Meat should be cooked at low temperature to avoid excessive shrinkage. Try adding soy flour to ground or chopped meats—the soy flour has the ability of preventing the frying away and wasting of the fat. Always find a way to use meat drippings—they contain from 10 to 15 percent of the B vitamins (riboflavin, thiamin and niacin) of the meat.

Miss Lincoln was assisted by Grace Ryan, Maricopa County home demonstration agent, who observed that the "Saving Food Values" demonstration represented the food management phase of the year's program of Home Management, including demonstrations stressing efficient management of clothing, time and money.

Leaders who attended, and who

will relay the demonstration to their respective Homemaker Clubs, included: Mrs. John Mott, Mrs. Harriet Leedham, and Mrs. Clarence Ashcraft, Baxter; Mrs. David Rogers and Mrs. Arthur Sutter, Washington; Mrs. Wilfred Cote, Mrs. R. G. Langmade, Balsz; and Mrs. Pete Klaabe, Wilson.

*West End Enterprise*

NUMBER FORTY-FIVE

## Red Cross Nutrition Course Echeduled

Victory starts in the American kitchen and that means your home kitchen. Everyone who eats and everyone who handles food is interested in studying food nutrition. It has been truly said that "food will help win the war and write the peace".

In view of its importance it is with great pleasure that the Avondale-Goodyear branch of the American Red Cross announces that the Modified Red Cross Nutrition Course will be taught on each Thursday in May. The class requires twelve hours of class and includes many demonstrations. Classes will be held from 2 to 4 starting Thursday May 3rd in the Avondale Community Hall. The community is especially fortunate to have Miss Grace Ryan as our instructor. Because of the demands on her time it may never be our good fortune to have Miss Ryan teach this serice here again. She is the Maricopa County Home Demonstration Agent and combines twenty-five years of experience and practice with the faculty of keeping up with the latest.

This is a streamlined, practical, down- to-earth course to help you with your everyday food problems, especially how to keep the diet adequate when conforming to rationing and shortages.

The branch executive committee cordially invites everyone learning of the course to attend, and announces that there will be a full-time supervised nursery for pre-school children of mothers attending. The chairman of the Goodyear-Avondale Branch has asked Mrs. Milford M. Pentecost to serve as Home-Service Chairman. Assistants may be added as necessary.



## Farm And Home News

(Written by the Agricultural Extension Service, Phoenix)  
Phone 4-2133)



### Fruit Juices Are "Round-the-Clock" Summer Favorites

Grace Ryan

Home Demonstration Agent

Fruit juices, most often regarded as breakfast items, become round-the-clock favorites during the hot weather. Because of their popularity it may be important for homemakers to consider the valuable food nutrients which they contribute to the general nutrition pattern, and to consider this same nutrition in comparison to the money spent for all types of juices.

Not too long ago, we learned that about 30 different kinds of commercially canned juices were tested for Vitamin C content by the Arizona Experiment Station. Not only should we be interested in the findings from the angle of good nutrition, but all Arizona housewives should take pardonable pride in the fact that one of our own educational institutions presented practical information which can be translated into everyday buying aids. We quote following from "Food and Home Notes", issued by the United States Department of Agriculture.

Juices Rate 'Excellent', 'Good', and 'Fair'

"Taking top place (says the report) and rating "excellent" in this vitamin (C) were canned orange and grapefruit juice. Second place with a rating of "good" went papaya and three vegetable juices — tomato, spinach, and sauerkraut. Juices testing "fair" were pineapple, guava, strawberry, fig, mixed vegetable, raspberry and prune".

Some Popular Juices Disappointing In Food Value

The report goes on to say that some of the most popular fruit juices, when tested, proved not even fair sources of Vitamin C. It further adds that the juices are expensive sources of the vitamin, and that "the usual serving of apple, cherry, grape, peach, and pear juice contains little, if any, C". We are warned that when these juices are "diluted, sweetened and canned as nectars or fruitades, the C they originally had is diluted".

Juices Have Other Valuable Qualities

From the foregoing paragraphs, it should not be inferred that because certain juices are not high rating sources of one important vitamin, that they are not of importance on the marketing list. Far from it. The average juice has other desirable nutrients to contribute to the diet. In addition it must be remembered that they add interesting variety to meals, and above all that they are to be valued as refreshers throughout a long hot season.

## Farm And Home News

(Written by the Agricultural Extension Service, Phoenix)  
Phone 4-2133)



### Pressure Cooker Is Invaluable Aid In Canning Asparagus

The high point values on asparagus may lead homemakers of the valley to can some of the local supply. Asparagus is not only a popular vegetable, but is a desirable one from the angle of nutrition. Its canning presents some problems which can be easily solved by a rapid survey of methods of canning and the use of proper equipment in handling this non-acid vegetable.

#### Certain Facts Contribute to Spoilage

Because asparagus is a vegetable which contains little acid, it spoils easily when not properly canned. Another spoilage factor is that sand and dirt may catch on the scales of the stalk or head, and lodge there. We are told that spoilage - causing bacteria may lurk in these dirt pockets. While these two conditions contribute to the problems of canning, both may be overcome. Cleanliness in preparing the asparagus stalks removes much of the sand and grit. Any that remains is made harmless by canning the vegetable in a pressure cooker. It is the cooker too, that handles the problem of lack of acid in the vegetable for we know that non-acid vegetables and other non-acid foods, are safely canned when a pressure cooker is used. These two precautions, then - thorough washing and the use of a tested accurate pressure cooker - should take all of the bugaboo out of canning the luscious, green asparagus which will be available in our area this month, and which, incidentally, costs many points on the grocer's shelf.

#### Exact Data About Canning Asparagus

Use only the very best quality

of asparagus, preferably shortly after it is cut. We realize that it may be impossible to follow the old adage, "two hours from garden to can," but at least we can make every effort to keep vegetable cold and moist, if it must be held over a period.

Clean all stalks well, washing freely in cold water. Cut into pieces of desired length, or if the whole asparagus is preferred, trim off only the tough woody root-end. Whole stalks are tied into uniform bundles, ready to stand up-right in a kettle used for steaming or scalding.

If shorter lengths are used, cover them with boiling water and boil 2 or 3 minutes. Pack into hot jars and cover with boiling salted water, leaving a head space as directed with each type of jar. Add 1 teaspoon of salt to each quart when packed. Process in a pressure cooker at 10 pounds pressure for 35 minutes for pints and 40 minutes for quarts.

When using whole lengths, trimmed to the exact height of the can, stand the tied bundles up-right in 3 or 4 inches of boiling water. Put a tight cover on the pan and let boil 2 or 3 minutes. Then pack the hot bundles in sterile hot jars and add salt and process as indicated in the preceding paragraph.

#### A Few Warnings About Processing Time

The directions given in this comment were taken from information supplied by the United States Department of Agriculture. Other sources of information agree about the processing method and time of cooking, but do suggest that it often is considered good practice not to pack asparagus in jars larger than pint size. Since the Department of Agriculture indicates safety at quart size, it probably would be good practice not to use larger containers.

# Farm And Home News

(Written by the Agricultural Extension Service, Phoenix)  
Phone 4-2133)



## Homemakers Meet To Discuss Different Food Supply Matters

Grace Ryan  
County Home Demonstration Agent

As part of civilian contribution to the over-all food conservation program in Maricopa county, a group of rural women have served for a year as canning chairmen in the various districts. Their function has been to distribute literature to those requesting aid and to arrange for demonstrations in their respective neighborhoods.

Recently the group met in the office of the home demonstration agent in Phoenix, where many phases of the food supply for civilians were discussed. Several points of common interest were brought out, and it would appear that these facts may be of value to homemakers. We offer them in this light.

### Pressure Cooker Testing Clinics

Homemakers who own pressure cookers know that it is good practice to have them tested at least once a year, in order to know whether or not the gauges are accurate. Inaccurate gauges may result in low temperatures within the cooker. These low temperatures may be the cause of spoilage in non-acid foods, such as vegetables and meats. With the shortage of foods, and with high-point values attached to EVERY can, we cannot afford to take chances on poor quality of home canned foods.

Mesa homemakers are to have the services of the Agricultural Extension Service at two Pressure Cooker Clinics held in June. Mrs. M. S. Emmett, canning chairman for the area, has arranged for these demonstrations which will be held on June 11 and June 18. The time and place will be announced later.

### Changes in Methods of Canning

At the recent meeting of chairmen it was brought out that there is no specific change in methods recommended for canning foods by home methods. The boiling water-bath method is still the recommended practice for fruits and tomatoes, while the pressure cooker method still holds for processing non-acid foods of all kinds.

There are some specific changes in TIME of processing. Until recently the processing time for fruits and tomatoes, in the boiling water bath, at high altitudes

often softened the texture of foods beyond good appearance. This was necessary in order to insure safety. Now, there is a change in time which results in a better product safely canned by a shorter period of processing. Homemakers may have the revised bulletin by writing direct to the Home Demonstration Office, 1201 West Madison Street, Phoenix.

It will be good news for the homemaker to learn that there is a new meat-canning bulletin which permits of shorter periods of processing. A safe product is insured by this new schedule, provided the home canner follows all of the simple steps in meat canning very carefully.

### How Much To Can In a Season

In the course of the meeting of canning chairmen, there was a lively discussion of how much to can per person, per year. Variety was emphasized, wherever possible. Home canners were also urged to try to can "for the year" and not have a huge surplus of one item, which when held from year to year, loses both food value and food appeal. The following simple recommendations were made, as to the amount of foods which would supply good nutrition when supplemented by fresh foods, or by frozen or dehydrated foods. The calculations are based on 26 weeks of any year, because it was pointed out that it is possible to secure fresh fruits and vegetables of some kind at least six months of the year in Arizona.

### PLAN TO CAN

GREENS—6½ quarts per person (Served twice a week)

TOMATOES or CITRUS—13 quarts per person (Served three times a week.)

OTHER VEGETABLE—9½ quarts per person (Served twice a week.)

FRUITS—18 quarts per person (Served every day)

MEAT—9½ quarts per person (Served twice a week)

Copies of this budget—in English and Spanish may be secured through the office of the Home Demonstration Agent.

## Grandview Women Hear Grace Ryan

When members of the Grandview Woman's Club met Wednesday afternoon in the clubrooms of the Young Women's Christian Association, they heard Grace Ryan tell of "Methods of Home Canning."

Mrs. Fred McNabb as program chairman introduced the speaker. Mrs. Harvey Coe displayed souvenirs sent her by her son serving with Allied forces in Germany.

Special guests were the Mesdames Dolph Morris, Leslie Spingler, C. T. Bingenheimer, Louis Pressendo, Joe Contreras, H. C. Strickland, F. C. Smischmy and M. V. Hinton.

Tea hostesses were the Mesdames Russell Butler and Bert Wright.



## PRESSURE COOKER CLINIC

### ARIZONA REPUBLIC

Phoenix, Arizona  
Tuesday, May 29, 1945

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## Pressure Cooker Clinics Set By Home Demonstration Staff

Pressure cooker clinics will be conducted in the valley from June 11 to June 23 by the Maricopa county home demonstration staff of the University of Arizona Agricultural Extension Service, according to Miss Grace Ryan, home demonstration agent for the county.

Owners of cookers, either old or new, are urged to contact the home demonstration agent, leaving names and addresses and indicating school districts in which they reside. From this information testing clinics will be set up so that patrons may attend one in their vicinity. Registrations should be made by June 1.

Miss Ryan has announced that owners of cookers will need only to bring the lids to the machines, but must be prepared to remain until testing is completed. Only cookers equipped with gauges can be tested at the clinics, but a service will be arranged later for machines having other pressure devices.

Testing clinics will be supervised by Isabel Pace, assistant agent. Local canning leaders will arrange places of meetings, with dates, times and places to be announced later.

Three clinics already are established. Work will be done at Mesa in the Bishop storehouse June 11 and 18; in Alhambra School cafeteria on June 13, and at Chandler on June 14.

Patrons from Glendale and Washington districts will be served at Alhambra.

Thursday, June 28, 1945

## Farm And Home News

(Written by the Agricultural  
Extension Service, Phoenix)  
Phone 4-2133)

### Extension Service Sponsors Safe Canning Program

Through June the Home Demonstration Agent's office has served seven county communities through eight Pressure Cooker Clinics—Eighty-eight cookers were tested in preparation for cooperation in the national program for preserving surplus foods and saving ration points. Forty-two cookers were tested at Mesa June 11 and June 18.

### A WORD TO THE WISE CANNER

By the time this comment is released in your local paper, at least fifty owners of pressure cookers in Mesa, and vicinity, will have had their cookers checked for good performance for the rest of the canning season. This service, which by the way, is a free one, was supervised by the Agricultural Extension Service of Maricopa county, and arranged by Mrs. M. S. Emmett, experienced Mesa canner, and local canning chairman.

Those who attended the pressure cooker clinics were instructed about the details of care and management of cookers, but those who own them and yet did not bring the machines for an annual check-up will be interested to know that one of the most impor-

tant steps in operation is the matter of driving air pockets out of the cooker before closing the pet cock for the final processing of the canned foods.

### VENTING A PRESSURE COOKER

The important process of letting air out of a cooker is called "venting". Constantly, we are reminded by specialists in the field of food preservation that "in order to obtain the high temperatures required for processing canned foods, it is very necessary that all air be driven out of the pressure cooker." We are told that a mixture of air and steam will create a pressure, but that the temperature will not necessarily be high. Further, the presence of this air may cause cold air pockets, so that all jars are not processed at the desired temperatures. Spoilage may result.

### IS THERE A SIMPLE SOLUTION TO THE PROBLEM

After a cooker has been checked to see that its gauge is accurate, that its safety valve is in good condition, and that there are no other flaws in its operation, it is a simple matter to learn to vent a cooker correctly. In fact, it is a mere matter of routine to let the steam out through the release-valve for a given number of minutes before beginning the actual processing.

Experiments have shown the exact time for this "venting" process. One writer says a 3-quart cooker drives out air pockets for 10 pounds of pressure in 4 minutes, but goes on to say that 10 minutes are required in order that the same results can be obtained in a 7-quart cooker. Arizona Extension Folder W-22 arrives at a happy medium by suggesting that the pet cock or steam release valve in all cookers be left open from 7 to 10 minutes after the steam begins to escape.

### ARIZONA REPUBLIC

Phoenix, Arizona  
Sunday, June 17, 1945

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## Canning Clinic Slated Friday

The annual canning clinic, inaugurated as a wartime service by the Young Women's Christian Association in co-operation with the University of Arizona agricultural extension service and the state department of vocational education, will be held from 2 to 4 p. m. Friday in the YWCA gymnasium.

Instruction and discussion will be on canning and freezing foods, and the use of pressure cookers will be explained. The program especially is designed for inexperienced housewives and newcomers unaccustomed to Arizona products, as well as experienced canners with problems.

Officials instrumental in conducting this community service are Mrs. Fred Eginton, chairman of the education committee of the YWCA; Miss Grace Ryan and Mrs. Isabelle Pace of the Maricopa County Extension Service, and Mrs. Eva Scully of the Arizona Department of Vocational Education.

Thus the low of 4 minutes and the high of 1 are smoothed out to a time schedule of safety.

To all owners of pressure cookers, then, we could offer the universal warning—"Add one more step in safe home canning, by "venting" your cooker completely before counting the actual canning time.



## Farm And Home News

(Written by the Agricultural  
Extension Service, Phoenix)  
Phone 4-2133)



### Dr. Margaret C. Smith Comments On Fluorine In Water And Teeth

By Grace Ryan Home Demon-  
stration Office

Because there has been some confusion in thinking and in written comment appearing in magazines regarding the relationship of fluorine in water to tooth health, we recently asked Dr. Margaret Cammack Smith to comment on the situation for the readers of this paper. Dr. Smith will be remembered as the Arizona scientist who determined the cause of mottled enamel on human teeth, thus rendering invaluable service to the children and youth of Arizona, and the country, in general. National recognition has been given to the work of Dr. Smith. This should make her message valuable to mothers who seek facts relative to such an important problem.

Because her message to us is longer than an ordinary news comment, we offer a portion of the information in this issue. In this same column, next week, we will offer the remainder of her suggestion. Dr. Smith says, in referring to the question of the use of water in which fluorine is present:

"Dear Miss Ryan.

I am glad, indeed to answer your letter asking for recent information about fluorine in drinking water and its effect upon teeth. I am very much aroused and upset over the publicity which is being given to the advantages of using drinking water which contains fluorine as a means of preventing tooth decay, with no mention made of the disadvantages.

Not so long ago my ten-year-old daughter brought home from school her copy of 'My Weekly Reader', a junior newspaper put out by the American Education Press. I was dumbfounded to find in it a news article entitled, 'Stopping Tooth Decay', which, to my horror, was planned to inform children that there is less tooth decay in people living in Amarillo, Texas, Colorado Springs, etc., because their water was 'rich in fluorine'. We know that many of the residents there have bad cases of mottled teeth. This paper also told about two cities in New York State which were starting an experiment on their school children. In one city fluorine is to be deliberately added to the public water supply, but not in the other. Each year 3500 school children in both cities will have their teeth examined. The article ends by saying — and I quote — 'At the end of 10 years scientists will know how well fluorine protects teeth from decay'. Believe it or not, not one word was said of the toxic effect of fluorine.

The true story remains unchanged. When Arizona children drink water containing as little as one part of fluorine in a million parts of water, their teeth become mottled. The severity of this defect depends, of course, on the amount of fluorine in the water. That teeth which are mildly mottled are

more resistant to decay is not a new story. As a matter of fact, long before we began the hunt and discovered the cause of the ugly disfiguring appearance of mottled teeth, they had been reported to have fewer cavities. When decay once begins, however, they have been found to be weak teeth, difficult to repair. Our studies at St. David, Arizona, have shown that even badly mottled teeth are not immune to decay. Fifty per cent of the adults, 26 years and over, in that community, had false teeth, because their mottled teeth did decay and could not hold fillings.

Please do not misunderstand me — let me repeat again — that it is true that mildly mottled teeth are more resistant to decay and fewer fillings may be necessary. Unfortunately, however, fluorine has never been reported as protecting teeth from decay until an amount is taken which is sufficient to produce abnormal teeth. Evidently, Nature did not intend us to protect our teeth in that way. Then too, like everything else, when a little may have a good effect, more may be bad, and who knows where to draw the line."

(Continued Next Week)

### BUCKEYE VALLEY NEWS

#### Homemakers Meet November 13th

The Buckeye Homemakers are changing their meeting date from Nov. 8, to Tuesday, Nov. 13th, so as not to conflict with the date of the Woman's Club meeting on the eighth.

The topic will be "Control of Cancer and How to Detect It."

The meeting will be held at the clubhouse and the speaker will be a doctor, if a large enough audience can be assured.

March 29-45.

MESA JOURNAL

## Farm And Home News

(Written by the Agricultural Extension Service, Phoenix)  
Phone 4-2133)



### Fluorine In Water Harmful To Teeth, Says Dr. Smith

By Grace Ryan

Home Demonstration Agent

Last week we passed on to readers the timely information about tooth health, as given to us in a letter from Dr. Margaret Cammack Smith, an Ardent scientist and staff member of the University of Arizona, of whom Arizonans are justly proud. This week Dr. Smith has sent us additional material to round out her discussion of the preceding week. The message received this week carries more warnings about the effect of drinking water in which there is too much of the chemical known as "fluorine". In addition we receive a warning about the use of foods sprayed with flourine compounds.

Dr. Smith gives us much to think about in protecting teeth which are priceless and never completely satisfactory when replaced by "store" sets.

Here is Dr. Smith's message to homemakers in the valley:

The Ugliness of Mottled Teeth

"Certainly, drinking water which contains enough fluorine to make teeth conspicuous because of their blotchy, white, glary appearance is not the safe, wise way to recommend as a means of preventing decay. Unfortunately, many of those in the East who are advocating the use of fluorine have not seen mottled enamel. I believe that most of us who live in Arizona prefer a few fillings in our mouths, rather than even a mild case of mottled teeth. We are aware of the fact that the ugliness of more severely mottled teeth causes untold misery to many of those who have been affected that way."

To Know The Truth Is Important

"Your Extension Service, Miss Ryan, has accomplished much in informing the inhabitants of rural communities of the true dangers of drinking water containing fluorine. Unfortunately, now your task is even harder, because you must fight the wrong impression given by the one-sided publicity of the good effect of fluorine on teeth. Fluorine is as dangerous now as it ever was — really even more so, because the possibility of getting too much of it has increased."

Fluorine Sprays On Fruit

Fluorine is now being used as spray to kill insects on vegetables and fruits. For example, apples are being sprayed with a flourine compound, which cannot be entirely removed even by washing the apples; so that seven parts per million may be left in them. The U. S. Pure Food and Drug Act allows apples containing seven parts per million to be sold to the public. This means that an apple may carry the same amount of flourine as three or four glasses of water containing one part per million. I believe that we may soon hear false publicity over the radio, such as "Buy apples; for an apple a day will keep not only the doctor, but the dentist away"; and mottled enamel will be more widespread than ever before."

The Problem Can Be Solved

"I hope your Service will continue to advise people in your

communities of the disadvantages of fluorine. In spite of all of the publicity in favor of fluorine, I have seen nothing that would change my belief that parents of all Arizona children should find out if their drinking supply contains fluorine in toxic amounts. If it does, it should not be used by children up to the age of 12 years. Either a new safe water supply should be found, a new well dug, or water hauled in from other sources, or the fluorine in their present water supply should be reduced below the dangerous amount by installing some type of fluorine filter."

Very sincerely yours,  
Margaret Cammack Smith,  
Nutrition Chemist



April 26 - 1945

MESA JOURNAL-TRIBUNE

## Farm And Home News

(Written by the Agricultural Extension Service, Phoenix)  
Phone 4-2133)



### Information Is Offered On Hot Weather Chores

By Grace Ryan

Home Demonstration Agent

At this time of year, homemakers stand at the crossroads when it comes to shifting the emphasis of things to do in house, and methods of doing things on a hot weather basis. There are some odds and ends of information which seem of general interest and are included in the news items of this week.

#### Strawberries Command Interest

For homemakers who have saved back a little sugar for the extra family treat of strawberry jam or preserves, it may prove interesting to know that we believe that it is possible to cut each cup of sugar  $\frac{1}{4}$  in the average recipe where the directions call for one cup of sugar or one and a fourth cups of sugar to each cup of berries. The resulting jam may not be as thick and jelly-like, but it will taste and look as well.

Almost every community has its own "pet" recipe, but one that we have liked because it was more or less 'fool-proof' is the recipe that calls for 4 cups of berries, 5 of sugar and 3 tablespoons full of lemon juice. This mixture is cooked 10 minutes, taken from the stove and let set over night in a glass or crockery bowl, or an enamelled pan to cool. In the cooling process, the berries plump up and regain shape and size. The jam is then dipped into HOT, sterile jars, capped and stored.

It is with this particular recipe that we know that the sugar can be cut down by  $\frac{1}{4}$  cup and still produce good results. There is no such thing as just 'one' way to make strawberry preserves, but if there are to be some for the family it is quite possible that sugar proportions will have to be adjusted.

#### Saving Soap In Arizona's Hard Water

Scientists say that you can save fully one-half of the laundry soap if you use softened water. For a long time we have known that it is not necessary to pay fancy prices for water 'softeners'. Osborn Foster, formerly with the chemistry department of the County Agricultural Extension Service, often stressed that plain old sal soda was an excellent softener for local hard water, and that it cost a very few cents a pound. For this reason we were interested when the Virginia Agricultural Experiment Station came out with the same information. It is estimated that it costs only about a fifth of a cent to soften a tubful of hard water with sal soda.

On the other hand, if you rely on soap, alone, to soften water, experiments show that it may cost as high as six cents a tubful, where pure soap designed for washing fine fabrics is used. For younger and less experienced homemakers, this information

may be of value, in the present soap powder shortage. Many of them are newcomers in our area and do not know the problems we encounter with hard waters. With summer coming on, there is sure to be a great deal of washing necessary.

#### Tune Up The Family Sewing Machine

It is not uncommon to talk of having a radio 'tuned up'; or of 'tuning up' the motor of a car. It is suggested by one writer that we might say 'Tension, please', and comment about the need of getting sewing machines in order again. This is particularly true now when more and more women are training to home sewing in order to cut the cost of family clothing. The simplest wash dresses may cost as much as \$16.95, if bought just now.

Before starting to sew it might be well to take time to clean a sewing machine. Many women let machines go beyond safe lengths without cleaning, because they are afraid to start the job. Several 'machine cleaning clinics' have been held in Maricopa county, all of which banished this fear because no technical work was done, and only normal, regular cleaning and re-oiling was attempted. But in most cases, the machines ran much more satisfactorily.

Groups of women interested in securing this assistance need only call or write the Home Demonstration Office for information about how to arrange for a 'clinic' in their neighborhoods. Usually these groups can be arranged with only a few days of delay.

24 ARIZONA FARMER—Producer, December 2, 1944

## Buying in Wartime



**T**HERE'S simply no limit to the knowledge a home demonstration agent has tucked away in her head. Here you see Grace Ryan, Maricopa County h. d. a., imparting information on textiles available in wartime, and those promised for the rosy years to follow.

Arizona Farmer's reporter saw Miss Ryan in this demonstrative pose before the Phoenix Altrusa Club one evening, and inveigled her (for photographic purposes) to repeat the performance for benefit of these girls who work in the agricultural extension building, Phoenix. Left to right, Mrs. Violet Salmon, Miss Louise Pendergast and Miss Mary Helen Weickart, listened to Miss Ryan expound the philosophy of wartime buying.

Though shortages and high prices are our lot these days in just about every article of wearing apparel and

fabric, Miss Ryan says shoppers may save themselves a lot of wear and tear by learning what looms and fabrics have gone to war and recognizing that it's fashionable to wear the fabrics which are available.

"Learn the different trade names found on labels," she advised. Some indicate the kind of fabric—aralac, nylon, vinyon, fibre glass, velon, seran, and so on. Others indicate finishes which guarantee certain types of performance—fibredown, ameritized, tebelized, zelan, resin-coated, ad infinitum. Still others indicate a type of treatment for the fabric's protection—sanforized, crown tested, and the like."

It's important, she emphasized, that the shopper read and analyze the label before buying a garment or a yard of cloth. That label is put there by law for her protection.

ARIZONA FARMER — Producer, February 24, 1945

## Your Standard of Living is Different

**W**E hear a lot of talk about the American standard of living. Buckeye Rural Homemakers proved at a recent meeting, that in a room of 15 people there will be represented that many "standards of living." Play this game yourself some day, with your bridge gang or mothers' club. It will prove amusing and may bring out some surprising facts about what went with that last transient paycheck.

Give each player a sheet of paper, and instruct her to make five columns, headed respectively: Necessities, Luxuries, Desirable, Undesirable, and Vicious. Then read them some of the items which enter into the overall pattern of American living. There are hundreds of these. Buckeye Homemakers listed: hospitals, permanents, tobacco, candy bars, automobiles, soap, taxes, typewriters, hairbows, pool halls, turkey dinners, golf clubs, canned tomatoes, patent medicines, oil paintings, cosmetics, movies, "cokes," liquor, costume jewelry, charge accounts, carnivals, oriental rugs, night clubs, vacuum cleaners, hair dye and pari-mutuel racing.

Be honest with yourselves, now! List each item under the heading where it rightfully belongs in your family scheme of living. You'll find that each player's sheet will be different from all the rest, though they may agree on many of the items.

Miss Grace Ryan, Maricopa County Home Demonstration Agent, presented the game to Buckeye Homemakers in conclusion of a discussion on money management. The money management demonstration is one phase of the year's home management program adopted by Homemakers in that county. Other phases include management of food, clothing and time.





## Homemaking Clubs To Present Shirt Ironing Demonstrations

As a part of the project of work simplification and job analysis planned to assist homemakers in adjusting home tasks to the many de-

mands on their time during the war period, the March meetings of the valley homemakers clubs will center around the task of shirt ironing.

This task was chosen as an example of work simplification because the majority of homemakers spend an appreciable portion of their time ironing shirts. This is particularly true during summer months, when it is vital that the homemaker's time and energy be conserved.

The first of these meetings, all of which are open to women of the valley, will be held at 2 p. m. Friday in the cafeteria of the Balsz school, with Mrs. Frank Boggio as demonstrator.

Other meetings scheduled are: Washington district, 10 a. m., March 7, home of Mrs. F. G. Lawrence, with Mrs. David Rogers as demonstrator; Buckeye district, 2 p. m., March 8, home of Mrs. Edith Edgar, with Mrs. Ewell Edwards, demonstrator; Phoenix Homesteads and Baxter Tract clubs, 2 p. m., March 14 in the Phoenix Homesteads Community clubhouse, 28th street, and Thomas road, Mrs. Cecil Armstrong, demonstrator; Alhambra district, 1:30 p. m., March 27, Alhambra school auditorium, Mrs. W. E. Henderson, demonstrator; and Palo Verde, time and place to be announced later.

These meetings have been arranged by Grace Ryan, Maricopa county home demonstration agent, who can be contacted for addresses of demonstrators or for information pertaining to planning meetings in other communities.

## Time and a Shirt

"TIME is the warp of life. Oh, tell the young, the gay, the fair, to weave it well." Grace Ryan, Maricopa County home demonstration agent, has used those words, as they appear on a lovely old slate sun dial, hand-carved by her grandfather, to launch many a program in time management among rural homemakers.

"Don't talk of saving time," she says, "but of conserving time so that each hour gives you something important and worthwhile." Any study in time management, she points out, should include ways to reduce fatigue, and an understanding of the effects of fatigue on the nervous system.

Many Rural Homemaker Clubs throughout Arizona have made the time management studies. At the recently organized Alhambra club, northwest of Phoenix, Mrs. Truett Henderson, president, wielded the iron to demonstrate how a woman who has a dozen shirts to iron may save herself a golden hour out of the time usually consumed by that humdrum task—an hour which may be used in reading, personal improvement or playing with the family.

The shirt-ironing method is revolutionary and takes a bit of time to master. After you've learned it, you can turn out a shirt in five minutes. The method is described and illus-

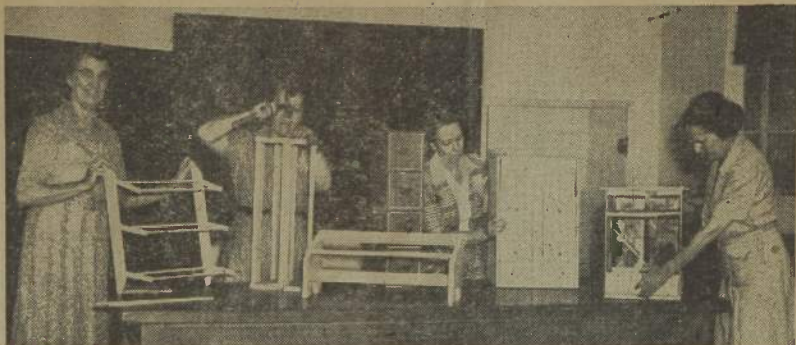
trated, step by step, in a Cornell University bulletin, "A Simple Way to Iron a Shirt." The bulletin has been made available in limited number, to Arizona homemakers. You can find out about it from your county home demonstration agent.



How many separate motions do you make while ironing a shirt? Mrs. Truett Henderson, president of the new Alhambra Homemakers' Club, demonstrated first her regular method, then the time-saving method.

6 ARIZONA FARMER—Producer, December 30, 1944

# I Resolve Again



A place for everything is simple to achieve, if you follow directions of (left to right) Isabell Pace, Lorine Craft, Lorene Dryden and Grace Ryan.

By MAUDE LONGWELL

**H**APPY New Year, and how are your resolutions?

All I can think of to resolve for this New Year is to try to do some of the things I resolved to do last New Year, and didn't.



The books I resolved to read! Well, anyway, I got some books, and stacked 'em up handily about the house, and even thumbed through the pages of some of them. Now,

in front of me spreads a bland, inviting new year in which I might—just might find time to read them!

The furniture I resolved to renovate, the fruit I resolved to put up (well, I did put up a little), the shining order I resolved to achieve at our house! Looking back over the year, all I can see is me sprinting for buses, leaving a trail of broken resolutions behind me.

## A Place for Everything

And then that matter of achieving and maintaining order in the home. Lorene Dryden, extension clothing specialist, says order is largely a matter of having a place to put everything, and keeping everything in its place. I watched all manner of clothing storage devices worked out under the capable hands of Miss Dryden; Grace Ryan and Isabell Pace, Maricopa County home demonstration agents; Lorine Craft, and a bunch of rural homemakers. Shoe racks, to keep your brogans up out of the dust; compartments for drawers, which double or treble their storage efficiency. Hat boxes. Sewing cabinets.

I hereby resolve—so I've fortified myself with certain directions. You can get them, too, from your county home demonstration agent:

Farmers' Bulletin No. 1865, entitled Closets and Storage Spaces; extension leaflets, Portable Sewing Cabinets and Homemade Furniture.

And if you want to resolve along with me on the matter of slip covers, ask me for a gift copy of U. S. D. A. Farmers' Bulletin, Slip Covers for Furniture.



# Farm And Home News

(Written by the Agricultural Extension Service, Phoenix)  
Phone 4-2133)



## The Troublesome Problem Of Hosiery

By Grace Ryan

Home Demonstration Office

Everywhere, where women congregate, there is much said about the eternal problem of hosiery—the shortages, of course, but other complaints as well. The problem of slow-drying, or rather of being obliged to wait over-long in using them though they may “feel” perfectly dry. The problem, too, of not being able to get what the average woman describes as “fineness.” If we are to continue to be confronted with the use of rayon hose, it would seem that there are two terms which apply to them that we might well add to our vocabularies. These two terms will make it easier for us to interpret the labels, or the information given us by the clerk, or the informative statements which often appear in the ads which reputable merchants use as a safeguard for customers. These two terms, both of which apply to the “fineness” or “sheerness” of hose are the word “gauge” and the less familiar one, “denier.”

What Gauge, As Applied To Hosiery, Means

Gauge means the fineness of the knitting. In full-fashioned hose, when the gauge is high, the mesh are more closely or finely knit than when the gauge is low. So, when the saleslady, or the ad in the morning's paper says that “53-gauge hose” are being offered, she, or the ad man, thus indicates fine, sheer knitting. Gauges usually run from 42-57, numerically. The household buyer can learn to know that a gauge label of 42 would be rather coarse.

However, sheerness in a stocking does not depend on the gauge alone. It depends upon that other, and newer term “denier”—or the weight of the yarn. Denier is used as a descriptive term by the rayon trade. It merely means this—that fine rayon yarns weigh less—therefore they have a low denier. If the clerk tells us that a certain type of hose is made of 50 denier yarn, then we know that it is twice as fine as a 100 denier yarn would be.

Denier—Pronounced Den-er

Even though the term is an old French word, we might as well absorb it into our buying vocabularies, because rayon hose (like it or not) are here to stay for many months to come. If you're looking for them sheer, check two things. The gauge! It tells how many stitches to the knitting inch. The higher the number the finer the weave! And look for a low denier. Both terms may lead you to happier selection in such hose as are available.

Oct 4 - 1945

## BUCKEYE VALLEY NEWS

### HOMEMAKERS MEET THURS.

The Buckeye and Palo Verde Homemakers will meet next Thursday, Oct. 11 at 2:30 at the Woman's Club house.

The lesson, which will be on cutting, measuring and fitting a basic pattern for yourself, will be given by Mesdames E. D. Canter and H. M. Nelson.

Anyone interested is welcome and urged to be present.

## ARIZONA REPUBLIC

Phoenix, Arizona  
Sunday, October 21, 1945

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### Alhambra Homemakers Will Meet Thursday

The Alhambra Homemakers Club, open to all women of the community, will meet from 10 to 12 o'clock Thursday morning in the home of Mrs. W. F. Payne.

Miss Grace Ryan will give demonstrations of home dry cleaning and making work aprons.

Thursday, September 13, 1945

an acquaintance recently made to us. Said she, "Only ten more days and the youngsters will go back to school! And am I glad!" The homemaker who cares for an average family during vacation will understand such a remark, which probably implies that the mother is somewhat worn down from daily, uninterrupted contact with Junior, his two brothers and a lively sister. Undoubtedly what she was unconsciously indicating was her feeling that she could now turn the group over to a set of teachers particularly trained in handling children.

## Home Education Powerful Factor

Mothers often fail to credit themselves with both the amount and kind of education which they daily provide in a well-regulated home. Smith implies implicit confidence in the power of home teaching as an educational tool, and presents the home as a first educational work shop.

Among other things, he says, "There is a physical and a spirit side in homemaking. Both are necessary and the spiritual is oft-

(Continued on Page 5)

en influenced by the physical.

For example, there is the table, around which on practically all the farms of America and in the homes of most small town merchants, the whole family meet three times a day. That is the place where much of the character building takes place. We attach great importance to the abundant, well-prepared table. It is probably as significant in child training as is the school or church. The meeting at the table is a social event in a family. It is there that father and mother comment on the behavior of the neighbors, of other children; here that they express themselves on current topics, the church, religion, politics, character, education, prohibition; there three times daily the children drink in, through the years, ideas of right and wrong; the place of honesty,

integrity; there they are inspired to high ideals and with ambition to be someone and something in the world.

It is the well-prepared table that leads to pleasant memories and a feeling of peace with the world. The ill-prepared table leads to complaint, to dissatisfaction, to quarreling. It takes wonderful parents to train children in the ways of righteousness handicapped by a poorly prepared table.

We are inclined to think that the very great importance of the well-prepared table in child training is all too little understood by parents. In our thinking, it rates equally with the school and with the church in character-building possibilities.

There at the table, all unrecord-

## MESA JOURNAL-TRIBUNE

## Family Table Has Own Importance In Rearing Of Child

By GRACE RYAN

Home Demonstration Agent.

This topic was "borrowed" from C. B. Smith, former assistant director of Agricultural Extension, Washington, D. C. Our decision to borrow some of his philosophies was occasioned by a remark which

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## PHOENIX GAZETTE

Phoenix, Arizona  
Saturday, February 10, 1945

## Psychology Talks To Be Presented

Dr. H. Clay Skinner, dean of the department of psychology at Arizona State Teachers College at Tempe, will conduct a series of five discussions on the subject of family adjustments, with the first of the series scheduled for Thursday night at the Young Women's Christian Association Club Room. The discussions will give special attention to the returning soldier.

The program is being sponsored by the Y. W. C. A. Public Affairs Committee, Maricopa County Farm Bureau, and the Maricopa County Rural Home Makers Council. The first meeting will be open to the public without charge, but the remaining four discussions are limited to a group of 25 and a small fee will be charged.

Dr. Skinner has just returned to his post at the college after two years in the armed forces, where he served as psychologist and personnel consultant. The subject is a familiar one to the Tempe educator, particularly as it relates to the problems of the returning war veteran. The sponsors also expect the discussions to be an aid in helping civilians to adjust themselves to the returned service man.

## ARIZONA REPUBLIC

Phoenix, Arizona  
Thursday, March 22, 1945

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## Returning Veteran Is Meeting Subject

BUCKEYE, Mar. 21—Dr. H. Clay Skinner, a member of the faculty at Arizona State College at Tempe, who recently returned to his duties after serving with the armed forces, will speak at a public meeting at 8 o'clock Thursday evening in the Buckeye Woman's Club house.

His subject will be "The Returning Veteran and His Family."

Gail Fry, commander of the Buckeye American Legion, will preside.

The meeting is sponsored by the Buckeye Rural Homemakers Club as a community service.

ed except in the minds and hearts of those present, the family expresses itself and says what comes from the heart. There parents stand revealed before the children. How extremely important that the parents have right thinking in their hearts."

## Orchid For The Homemaker

These comments of Smith, gleaned from deep experience with hundreds of rural families of America, offer a compliment to mothers, everywhere, who unconsciously have been as excellent teachers in the home, as are the specialized instructors in school. His remarks likewise compliment women who feel that meal preparation is just a "household job", of little importance except to satisfy a hungry family.



ARIZONA FARMER—Producer, January 13,

## These Homemakers Took Christmas Trip Around the World

AT the Christmas meeting of the Washington Rural Homemakers' Club northwest of Phoenix, members went armchair-traveling all over the world, transported by a lively program entitled "Foreign Footprints in the Home."

President Mrs. Clarence McKibben and Program Chairman Mrs. Dysart Murphy arranged the program as one of the two "free" meetings of the year. A free meeting in Rural Homemaker parlance, means one of the occasional meetings free from the studies in homemaking techniques that go to make up the bulk of each year's program. Free meetings are planned to give variety to the year; to add an intellectual or spiritual fillip to programs that might otherwise be purely informational or social.

The meeting was held at Mrs. Murphy's home. Mrs. McKibben assigned a topic to each member, to develop the idea of our dependence on other countries for the everyday things surrounding us in our homes. Members received their information from material compiled by Miss Grace Ryan, Maricopa County Home Demonstration Agent, for just such a need. It would take a book to review the ways those speakers mentioned in which our neighbors of other lands contribute to the comfort and culture of the American home. Just for your vacuum cleaner come materials from China, Rhodesia, New Caledonia, Brazil, Russia, England, India, Canada and Peru. In happier times, Germany and Japan would have been included in this list.

The talks covered the fields of home furnishings, the medicine cabinet, games, music, art, books, and holidays, each speaker showing how dependent each country in the world is on the goods and ideas of many other nations.

ARIZONA REPUBLIC

Phoenix, Arizona  
Thursday, April 26, 1945

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## Rural Clubs Plan Exhibit

The traditional Achievement Day for Rural Homemaker's Clubs and affiliated groups of the Maricopa stake of the Latter Day Saints Church will be observed at 11 o'clock Friday when guests meet for a picnic luncheon at the recreation center at Encanto Park.

Articles constructed by each group will be on display. Friday's event will also be in the form of an annual Guest Day. An educational display will feature "Devices for Clothing Storage," "Methods of Cookery to Prevent Waste in Foods," "Electrical Dehydration," "Packaging Frozen Foods," "Simplified Work Practices," "Public Health" and "Family Adjustment in Wartime."

The "Public Health" exhibit will be turned over to the cancer society of Arizona which will describe methods of treating cancer, cancer research with mice, normal cell division and division of cancerous cells.

Special speakers at the luncheon program will be Dr. Virginia Lewis, director of child study service for Phoenix public schools, and Jean Stewart, state home demonstration leader.

Planning the event are Mrs. J. W. Curie, chairman, and Mrs. Arthur Sutter, Washington district, and Mrs. R. G. Langmade of Balsz district.

## Canning Clinic Slated Friday

The annual canning clinic, inaugurated as a wartime service by the Young Women's Christian Association in co-operation with the University of Arizona agricultural extension service and the state department of vocational education, will be held from 2 to 4 p. m. Friday in the YWCA gymnasium.

Instruction and discussion will be on canning and freezing foods, and the use of pressure cookers will be explained. The program especially is designed for inexperienced housewives and newcomers unaccustomed to Arizona products, as well as experienced canners with problems.

Officials instrumental in conducting this community service are Mrs. Fred Eginton, chairman of the education committee of the YWCA; Miss Grace Ryan and Mrs. Isobelle Pace of the Maricopa County Extension Service, and Mrs. Eva Scully of the Arizona Department of Vocational Education.

## Garden Club Is Told Methods Of Canning

Talking on refreshing methods of canning of fruits and vegetables, Mrs. Isabel Pace will be speaker at the meeting of the Creighton Garden Club at 1:30 p. m. Thursday in the home of Mrs. Warren Turner, 2522 East Willetta street.

Assistant hostesses will be Mesdames H. H. McDonald and George Mann. Mrs. H. C. McCreary, president, will conduct the business session, when a nominating committee will be elected. Members are asked to bring aprons for the Fiesta Jardinera, March 24. 3-6-45

# Broadcast Opens 4-H Drive



Mrs. Leedham, Mrs. Bimson

**W**HEN they began their 4-H War Loan Drive the 3,200-odd club girls and boys of Arizona started with a heavy advantage.

That advantage was the guidance and advice—by radio—of two women who have had unlimited experience in both organizing bond drives and in putting over individual sales.

These advisers and friendly coaches were Mrs. Walter Bimson, chairman of the women's division of the State War Finance Committee, and Mrs. E. A. Leedham, Maricopa County chairman of the same division.

Although they had plenty of other duties to occupy their time, Mrs. Bim-

son and Mrs. Leedham consented to go on the Arizona Network, from KOY, the afternoon of Nov. 25. Theirs was a special broadcast to club members, who were just then receiving their instructions from headquarters. The clubbers got some inspiring tips which helped them off to a flying start.

On the same program, Paul Brown, Maricopa County Club leader, briefly outlined the procedure for reporting sales through county agents. Arizona Farmers Old Farm Reporter introduced the speakers. Jack Williams, special events chairman for the Sixth War Loan Drive, supervised the broadcast.

## Fast 4-H Work on the Air



Standing—Frances Stokoe, Mattie Whinery, Barbara Austin, Barbara June Peterson, Virginia Cluff, Fanny Coman, Betty Carney, Dorothy Adams, Billie Hansen. Seated (more or less)—Lester Matlock, Oliver Anderson, Clare Huber, Freddy Thonen, Robert Fuller, Malcolm Adams.

**A** world's record for swift microphony is claimed by the Old Farm Reporter who ramrods Arizona Farmer's Dinnerbell program on Tuesdays and Thursdays.

Believe it if able, but 11 Maricopa County 4-H champions were put on the air in 12 minutes of Dinnerbell time, Nov. 28. In an average of scarcely 60 seconds, they all managed to give sprightly accounts of the projects which won them their \$25 war bonds and other awards. A number of listeners later commented that it was the fastest-paced program they ever heard, and one of the best Dinnerbell periods.

All the above group participated except Dorothy Adams, Fanny Coman, Freddy Thonen and Malcolm Adams. As they were also state champions, they were to get their radio chance the evening of Nov. 29. They did—but that broadcast proved to be about as hurried as the Dinnerbell show of the day before.



## Sales of \$325,000<sup>1-24-45</sup> In 4-H Bond Drive

**T**HEY were blame poor guessers, those forecasters who predicted that Arizona 4-H boys and girls could not possibly sell more than a quarter of a million dollars' worth of bonds in the Sixth War Loan drive.

For total sales came to over \$325,000!

The pessimists based their pessimism on the late start that the 4-H clubs got. Before anybody thought of forming a 4-H division in that campaign, the campaign was almost under way. There was little time for organization.

But several of the clubs had gained a great deal of experience in previous drives, and others proved that they didn't need any experience.

As was to be expected, Maricopa was high county, with 4-H bond and stamp sales of \$184,000. Yuma came second with \$184,000; Pinal, third with \$28,700; Pima, fourth with \$20,000. Respectable records were also scored in Graham, Navajo and Yavapai.

A substantial fund for prizes to the best salesmen was contributed by the Valley Bank and other donors. The two largest awards, \$50 bonds, went to Lester Matlock and Dixie Rout of Scottsdale, whose sales were \$58,000 and \$34,425 respectively. Incidentally, the Scottsdale club was the champion club of the State.

Winners of \$25 bonds: Harley Upton and Carline San Filippo of Pinal County; Frances Stokoe, Scottsdale; Jimmy Lou Liles, Wellton; Carlene Hopper, Gadsden.

Winners of prizes between \$5 and \$25: Billy Nevelle, Herbert Lahr, Lela Davidson, Pima County; Roland Graves, Nogales; Larry Busby, Edward Guitteau, Graham County; Willing Workers Club, Bridgeport (Yavapai); Bumble Bee Club, Yavapai; Wayne Pitrat, Rachel Tucker, Fred Sears, Buddy Cheatham, Laveen; Carol Simpson, Tempe; Mattie Whinery, Nancy Toy, Joe Ann Mowery, June Ann Turley, Wesley Duhamel, Scottsdale; Danny Hess, Madison; Jeanette Simpson, Salome; Mona Berry, Roll; Dixie Hamilton, Raymond Lovett, Crane.

## Great Plans Made For Maricopa 4-H Fair, April 13-14

**N**O, sir! The war is not to interrupt the annual Maricopa County 4-H fair on the grounds of Arizona State College at Tempe. Not this year nor any other year.

No. 19 in a series of fairs which have grown bigger and more exciting every spring, is scheduled for April 13-14. It should be something to cable the king about. Both Asst. County Agent Paul Brown and Asst. Home Demonstration Agent Isabell Pace report that there are more clubs than ever before in the State's leading agricultural county, that the enrollment is heavier, and that interest is keener. Rivalry between clubs runs especially high.

This interest springs partly from wartime conditions and appeals for greater food production. It's partly just the natural growth of the 4-H movement. Many of the exhibitors at Tempe this year will be the sons and daughters of former 4-H members.

The fair catalogue is out, listing even more departments and events than last year. Most of the 4-H events are scheduled for the first day, Friday.

Judging of exhibits starts at 10 a. m., with U. of A. and Extension Service specialists distributing the ribbons. At 1 p. m. comes the showmanship contest for cattle club members. This is to be followed at 2 p. m. by contests in judging foods, clothing, vegetables, hogs, dairy cattle, and poultry.

There won't be time that day for the demonstration team contests, which must begin at 9 a. m. Saturday. In accordance with ancient custom, the big farmers' picnic will start at noon. This is to be followed by a 4-H Victory Parade, then by a brief program. Finally, the Dress Revue and awarding of prizes to the health champions, demonstration teams, judging teams, high individuals, and special award winners.

Yes, they are going to be two great days. If there are any adults who are doubtful about what the farm boys and girls are accomplishing, they are dared to drop around and take a look.

## Mon. April 9-45 Fair Planned By 4-H Clubs

TEMPE, Apr. 8—The 19th annual fair of Maricopa County 4-H Clubs will be held Friday and Saturday on the campus of the Arizona State College here.

More exhibits than ever before are expected to be displayed, because of the emphasis the government has placed on importance of the projects as an aid to the war effort. The fair is sponsored by the University of Arizona agricultural extension service, the Maricopa County Farm Bureau Federation and the college.

Eighty-one 4-H clubs from 33 communities in the county will have entries of varying nature in the fair. These range from beef cattle and poultry to dresses and health posters. Preparation of these exhibits has been under way for a long time, according to Paul W. Brown, assistant county agricultural agent in charge of boys' and girls' club work.

The program opens at 10 o'clock Friday morning with a showmanship contest in beef and dairy cattle classes. In the afternoon various demonstration contests will be carried on, while throughout the day the entire fair will be open to the public for inspection without charge.

Saturday will be observed as Farmers' Day and the program will center largely around the work of the farm bureau, with a special program in the afternoon opening with a livestock parade about the campus. This will be followed by a community sing, a dress revue and the awarding of medals and similar honors.

All exhibits will be judged and marked before noon Friday so that visitors may know the winners. In the majority of the departments this work will be completed by 10 a. m., Mr. Brown said.

## 4-H Club Fair Prizes Given

Farm produce exhibits and handicraft displayed by some 1,500 members of the 81 4-H Clubs in Maricopa County were viewed by a capacity crowd at the 19th Annual County 4-H Club Fair, Friday and Saturday in Tempe.

The two-day event, said to be the largest county 4-H fair in the history of the organization here, was highlighted by an exhibit of pure-blooded cattle. Exhibitors staged a showmanship contest following the judging of cattle for awards, with an audience of several hundred persons as spectators.

The fair, sponsored jointly by the Arizona State Teachers College at Tempe and the Agricultural Extension Service of the University of Arizona, had as its theme, "Producing Food for Victory," in connection with the national 4-H Club program. Contests for demonstration teams and for the judging of livestock, poultry and vegetables and for home economic exhibits were conducted to select county champions and high individuals. Health champions from each club were presented with premium ribbons. Other outstanding features were a dress revue staged by 4-H Club girls, a big victory parade for all clubs, and a special musical program.

The champion Hereford steer, exhibited by Charles Mathis of the Washington 4-H Club, was purchased by the Tovrea Packing Company at the auction sale of fat livestock held at the close of the fair. This steer, presented to Mathis last year by the Phoenix Kiwanis Club, was purchased by the packing firm for 24 cents per pound. Safeway Stores, Inc., purchased the champion fat hog, exhibited by Junior Barker of Tolleson, for 17 cents per pound. Helen Bernbow, of Buckeye, exhibited the champion lamb which also was purchased by Safeway Stores for 18 cents per pound.

Winners of county champion awards in all departments were:

Clythel White and Arleigh Richmond, both of the Roosevelt 4-H Club, junior demonstration team award; Louise Foran and May Westfall, Scottsdale club, senior demonstration team; Dick Coutchie, LeRoy Peel and Sandy Fitch, Mesa club, sweepstakes for judging in all departments in the junior division; team of Bob Fuller, Robert Biggs, Frank New, all of Mesa, sweepstakes winners for judging in all departments in the senior division.

The grand champion beef animal was exhibited by Price Curd, Jr., of Buckeye, winner of this year's Kiwanis Club award. Freddy Thonen, of the Roosevelt club, won the vegetable exhibits. The Central Arizona Rabbit Breeders Award went to Wayne Ramey, of the Roosevelt club.

## 4-H Contest Awards Made

TEMPE, Apr. 17—With the distribution of awards, the 19th annual Maricopa County 4-H Fair came to a class after a successful two-day run. Held on the grounds of the Arizona State College, the fair lived up to its traditional classification as one of the best in the West with one of the finest displays of dairy animals ever presented.

Among winners in dairy and beef exhibits were Frank New of Franklin-Mesa, Porter Harlan of Laveen, Glen Hulet of Chandler, John Hulet of Chandler, David Croom of Scottsdale, Paul Messenger of Scottsdale, Darold Gress of Washington, Margaret Coman of Tempe Rural, U. R. Neeley of Franklin-Mesa, Buddy Cheatham of Laveen, Frances Coman of Kyrene, Elda Beltraminelli of Kyrene, Clyde Eldridge of Alhambra, Norman Knox of Chandler, Donald Treet of Scottsdale, Burl Avery of Scottsdale, Talmage Huber of Franklin-Mesa, Carl Cluff of Scottsdale, Alfred Austin of Scottsdale, Lester Matlock of Scottsdale, Benny Cooper of Scottsdale, Clythel White of Roosevelt, Pat Canner of Alhambra, Malcolm Adams of Scottsdale, Peggy Matlock of Scottsdale, Clyde Gray of Mesa, Earl Pugh of Alhambra, Gene Narramore of Palo Verde, Charles Mathis of Washington, May Westfall of Scottsdale, Price Curd of Buckeye and Betty Westfall of Scottsdale.

First prize in the showmanship contest went to Lester Matlock of Scottsdale, and second prize to Frances Coman of Kyrene. Miss Coman also won the Davidson Young grand champion award and the Warren Kurtz award for the best-fitted animal.

Winners of the Arizona Holstein Association awards are Gilbert Ashley of Alhambra, Margaret Coman of Tempe Rural, Bobbie Fram of Kyrene, Buddy Cheatham of Laveen, Fannie Coman of Kyrene, Jim Miller of Lehi, Clifford Ashley of Alhambra, Elda Beltraminelli of Kyrene, Gene Beltraminelli and Bobbie Williams of Kyrene.

Clubs winning demonstration contests were:

Dairy foods, first place, Scottsdale; second place, Palo Verde. Clothing, first place, Arlington; second place, Palo Verde; third place, Roosevelt. Foods and related subjects, first place, Avondale; second place, Palo Verde; third place, Balsa.



## 4-H Homemakers

### At Fair in Tempe

**G**IRLS learning homemaking the 4-H way in Maricopa County made a beautiful showing at the Annual 4-H Club Fair, held on the campus of Arizona State College at Tempe, April 13 and 14.

Wartime shortages may have cut down the quantity of exhibits, especially in the clothing division; but there were still plenty—and of extra high quality—to bring oh's and ah's from fair-goers and to place proud beams of approval on the countenance of Mrs. Isabell Pace, the County's assistant home demonstration agent, in charge of 4-H homemaking projects.

There were 400 clothing exhibits to offer proof that the girls have been living up to the 4-H motto, "Make the Best Better," and the judges (Lorene Dryden, extension clothing specialist, and Mrs. Ira Judd) had hard work placing the blue ribbons. For example, every one of the six girls who modeled dresses in the senior Dress Revue, received a blue ribbon for outstanding merit, and the County Dress Revue winner won't be decided until the judges do a great deal more deliberating.

#### Made by Themselves

You couldn't have decided yourself which was best: Betty Ruth Sumners, of Scottsdale, modeling a cotton school dress; or Joan Hatch of Creighton, wearing a taffeta formal; or Virginia Cluff of Scottsdale, first in her net formal and later in a wool afternoon dress; or Barbara Austin of Scottsdale, who also modeled both a formal and a wool best dress; or Jean Kunze of Alhambra in a wool tailored suit; or Bernice Sharp of Scottsdale in a wool best dress.

Girls from 20 communities modeled dresses they had made themselves, in the Junior Dress Revue. This feature included several children's garments modeled by little brothers and sisters.

Sweepstakes awards in the junior clothing division were made to: Marsha McElhannon of Arlington, Joan Schmuck of Scottsdale, and Merle Hutchinson of Alhambra. Sen-

(Please Turn to Page 21)



Betty Joe Tompkins, Cartwright, led all the rest in First Year Canning.



Murle Hutchinson of Alhambra was junior champion in Fourth Year Clothing.



(Continued From Page 17)

ior clothing sweepstakes were won by Virginia Cluff and Barbara Austin of Scottsdale.

#### Food Honors

If judges Dryden and Judd had a hard time deciding winners in the clothing section, you should have seen Ruth Kruger, of the home service department of Central Light and Power Company, and Reva Lincoln, extension nutritionist, furrowing their

brows over entries in the foods department!

Betty Joe Tompkins of Cartwright placed first in the First Year Canning division; Margaret Coman of Rural, first in Second Year Canning; Barbara Austin of Scottsdale, first in Fourth Year Canning.

Exhibits from the "Meals the 4-H Way" project groups featured Food for Health posters, exhibits of non-perishable foods; and displays illustrating food selection, preparation and service. First place in this contest went to Tempe Training School for a "Road to Health" theme; second to Palo Verde for "The King of Health—the Basic Seven Emphasis"; third to Scottsdale seniors for a unique "Basic Seven Poster and Meals for a Day" exhibit. Liberty walked away with first prize for a single poster.

#### Judging Contests Galore

Judging contests in both foods and clothing divisions attracted more competitors than usual. Individual high clothing judge in the junior division was Jean Cook, Madison Club; senior division, Betty Ruth Summers of Scottsdale. Winning junior clothing Tryon, Margaret Jones and Herlinda judging team was made up of Jean



Joe-Anne Schmuck, Scottsdale, junior champion in Second Year Sewing.

Olachea of Rural Club; senior winning team, Betty Ruth Summers, Hazel Zimmerman and Barbara Austin of Scottsdale.

High individual foods judge in the junior division was Bessie Lou Nelson of Balsz. Mattie Whinery of Scottsdale was adjudged high individual senior judge. Winning judging team in the junior division was a Balsz trio—Betty Lou Nelson, Lois Vay and Nancy Best; winning senior team—Mattie Whinery, Frances Stokor and Barbara Peterson of Scottsdale.

#### They Showed How

Another contest to go over with a fine flourish was the demonstration team contest. Ten teams competed for demonstration honors. In the Dairy Foods division a demonstration of "Sour Milk and Sour Cream in Farm Meals" placed first, and no wonder, the smooth way it was presented by Mattie Whinery and Virginia Cluff of Scottsdale Senior Club. Second place went to Dona Skousen and Sarah Hazen of Palo Verde, for their demonstration of making and serving cottage cheese.

In the "Foods and Related Subjects" division, Ora Ollson and La Nell Henry of Avondale won top honors. They took first place with their demonstration on "Setting a Table," and were the high point team in the entire demonstration team contest. Second place went to Ruth Kynast and Gracie Barron of Palo Verde, who starred in "Polishing Silver."

In the clothing division, winning demonstration team was Coraetta Pierce and Naty Rangel of Arlington for "Selection of Styles for Individual Types." Second place was awarded Shirley Hardin and Evelyn Thedford of Palo Verde, for their demonstration, "Removal of Common Stains."

Mrs. W. W. Pickrell helped Miss Jean Stewart, state leader of home demonstration work, and Miss Dryden in their tough job of judging the demonstrations.

Last this reporter heard, girl 4-H clubbers were waiting with bated breath to see who would be given sweepstakes award for all-round participation in the fair. That outstanding individual had not yet been named.

ARIZONA FARMER  
MAY 19, 1945

# Farm And Home News

(Written by the Agricultural Extension Service, Phoenix)  
Phone 4-2133)



## 4-H SUMMER CAMP

By special arrangement with Mr. George F. Miller, Scout Executive of the Roosevelt Council, a 4-H State Summer Camp will be held at Camp Geronimo under the Tonto Basin Rim. Camp Geronimo is like a town with its own water works, power plant, laundry, hospital, tool shop, and churches. A large swimming pool is available for swimming and swimming instruction. A nice trout stream flows by the camp. 4-H boys and girls under 16 may obtain a permit to fish free. Those over 16 wishing to fish must bring a fishing license. Camp Geronimo provides the good eats, the health and safety facilities, and the fellowship around the many camp fires that leave pleasant memories with each camper. A doctor or registered nurse is in attendance at all times. A large library is available.

Ration points will be required from each 4-H member attending camp. Each member must turn in two blue stamps before going

to camp, also two red stamps.

## CAMP DATES—JULY 25-AUG. 3

Cost of Camp — \$16.25 from Phoenix including transportation by chartered buses by way of Globe and Payson. All 4-H members are insured during transportation both ways. Buses will leave Scout Headquarters at 6:00 a. m., on July 25.

\$11.25 for the camp period if transportation is provided by yourself or group.

**Camp Activities:** Swimming, soft ball, horseshoes, hikes, nature study, handicraft, chess and checker instruction, camp lore, insect study, volley ball, and various other activities.

A camp store will be available where 4-H members may purchase 4-H supplies and other items.

**Who may attend:** 4-H members 12 years of age and older, both boys and girls, who have completed their projects for the year. Summer 4-H club members may attend if their project work is satisfactory and their record books up-to-date at time camp opens. 4-H leaders are cordially invited to this camp. The cost for leaders will be the same as for 4-H members. No member under 12 may attend unless accompanied by parent who is on the camp staff.

**Equipment:** Keep equipment to 50 pounds or less. Tonto mountain nights are always crisp and cool. Be sure your bedding is adequate and that you take a warm sweater or jacket.

**Clothing:** Three shirts, two pairs levis or trousers, change of underwear, extra socks, pajamas, bathing suit, sweater or heavy coat, extra shoes—one pair must be in good condition.

Girls should bring slacks or levis. A dress may be brought for Sunday if desired (nothing fancy). All clothes should be adapted to camp life.

**Bedding:** Four heavy blankets or equivalent. Sleeping bags may be substituted if desired.

**Toilet Articles:** Tooth brush, tooth paste, soap, two bath towels, comb, and mirror.

**Tableware:** Tin, aluminum, or enamel—one 10 inch plate, one deep sauce pan for dessert, 2 cups, knife, fork, tablespoon, 2 teaspoons, 2 dish towels.

**Miscellaneous:** The following articles are desirable but not required: Bible, note book and pencil, needle, thread, pins and buttons, extra shoe strings, pocket knife, canteen, flashlight, fishing tackle, and short piece of rope.

**Note:** Each 4-H member is responsible for his own equipment. Each article taken should be marked with the name or initial. Make a list of all things you take to Camp so you may check it when you leave the camp.

Adequate supervision of 4-H members will be given by members of the Extension staff and local leaders. The girls' camp will be separate from the boys' and will provide separate shower and toilet facilities. Separate dining facilities will also be provided. A camp bank will be provided where members may leave any valuables or money.

All members going to camp must have signed parents' approval and doctor's certificate of good health. In case more applications are received than space provides, members will be selected in the order in which their applications are dated. Necessary forms will be provided through the County Agricultural Office, 1201 West Madison street, phone 4-2133.



# State 4-H Clubs Revive Summer Camp Schedule

About 100 qualifying state 4-H club members will assemble at Camp Geronimo near Payson in the Tonto National Forest Wednesday for a 10-day summer session after a lapse of two years because of transportation difficulties. Approximately 50 members and leaders from Maricopa county are planning to attend, according to Miss Isabell Pace, county assistant home demonstration agent and supervisor of home economics projects.

Use of the camp property of the Boy Scouts of America, was granted for the period with all facilities including a doctor and nurse in attendance. Two years ago the 4-H group met at the Young Men's Christian Association camp at Groom Creek near Prescott.

At least a dozen county workers and local club leaders will be present to conduct classes and supervise the camp program under direction of O. W. Dishaw, Tucson, state leader of boys and girls 4-H Club work. Operation of the annual camp activity is a phase of the agricultural extension service, University of Arizona.

Club members who have satisfactorily completed one or more 4-H projects are eligible to attend the camp. Popular projects this summer among the girls, says Miss Pace, are clothing, food preparation and food preservation. Many are branching out into yard improvement and home beautification endeavors and for several years have been receiving recognition in agricultural projects.

The boys for the most part are interested in livestock, which includes not only farm stock but rabbits, poultry, and the like; and are engaged in raising home gardens. Most of those attending camp have won the right by contributing some outstanding effort in county work.

During the nine days of actual camp work leaders will conduct daily classes in nature study, woodcraft, rope tying, and similar outdoor studies in addition to organized games, swimming and hiking.

Besides Miss Pace other leaders going from Phoenix include Paul W. Brown, assistant county agent in charge of agricultural projects, who will teach classes in rope tying. Miss Pace will teach classes in girls' handicrafts and will have general supervision of the girls department.

LeRoy Gavette, Washington district leader, will have charge of boys' handicrafts. He is a former assistant Pinal county agent and is manager of a local dairy. Dr. J. N. Roney, state extension entomologist, will teach insect study. Both will be accompanied to camp by their families.

Mrs. Frank Hanna, last year declared one of the outstanding club leaders in the state for her 14 years of consecutive work in the Tempe rural district, will attend camp this year.

Contingents from Yuma, Pinal, and Pima counties will assemble in Phoenix to travel from here by chartered bus. Northern groups will go directly to the Tonto.

Last Friday evening all prospective campers in the county who had not obtained health certificates from their family physician were given tests at scout headquarters, 25 East Van Buren street.

## 4-H Summer Camp <sup>4/28/45</sup>

By special arrangement with Mr. George F. Miller, scout executive of the Roosevelt Council, a 4-H State Summer Camp will be held at Camp Geronimo under the Tonto Basin Rim. Camp Geronimo is like a town with its own water works, power plant, laundry, hospital, tool shop and churches. A large swimming pool is available for swimming and swimming instruction. A nice trout stream flows by the camp. 4-H boys and girls under 16 may obtain a permit to fish free. Those over 16 wishing to fish must bring a fishing license. Camp Geronimo provides the good eats, the health and safety facilities and the fellowship around the many camp fires that leave pleasant memories with each camper. A doctor or registered nurse is in attendance at all times. A large library is available.

Ration points will be required from each 4-H member attending camp. Each member must turn in two blue stamps before going to camp, also two red stamps.

### Camp Dates July 25 to Aug. 3

Cost of camp, \$16.25, from Phoenix, including transportation by chartered buses by way of Globe and Payson. All 4-H members are insured during transportation both ways. Buses will leave Scout headquarters at 6 a. m. on July 25.

The price is \$11.25 for the camp period if transportation is provided by yourself or group. No transportation is provided except from Phoenix.

**Buckeye Valley News**



Ariz. Gazette  
August 3-45

## 4-H Club Members Return From Outing

About 100 4-H Club youths from throughout Arizona are returning to Phoenix Friday afternoon from a nine-day camp outing and study courses held in the Camp Geronimo facilities of the Boy Scouts.

Maricopa County 4-H Club members won first place in the quiz program conducted among the club boys and girls, Yuma County second and Pima County third, according to Paul Brown, assistant county agricultural agent in charge of 4-H club activities.

O. W. Dishaw, Tucson, state university 4-H club leader, directed the program of events and training for the club members and leaders. About equal numbers of boys and girls attended. Dr. J. N. Roney, state extension entomologist, conducted a course in insect study and control. Donald Hitch of the university gave handicraft courses, the 4-H Club members working in metals, leather and wood. Boy Scout staff members also assisted in instruction.

Girls attending training courses were also able to turn out some production knitting for the Red Cross, under the direction of Isabel Pace, girls 4-H Club leader for Maricopa County.

Demonstrations of soil conservation practices were given with machinery brought in by arrangement of A. F. Kinnison, state conservationist of the Soil Conservation Service.

The youths returning here by bus Friday afternoon will go from Phoenix to their homes throughout the state.

Leadership Award - 1943  
1944

## One of Our Finest 4-H Club Leaders



**T**WELVE years of faithful and effective 4-H leadership were rewarded—no! This is the wrong start for a story of Mrs. Frank Hanna's career. Service such as hers can not be rewarded with an assembly and a pin; not even the very special kind of assembly that was held at Rural School, south of Tempe, on Feb. 18. It can only be recognized.

The most eloquent words of several speakers could but faintly express their appreciation for Mrs. Hanna's unselfish, self-sacrificing labors. As she sat on the rostrum, she probably appreciated most the words of one of the girls chosen out of the club that she is leading this year.

Miss Louise B. Lynd, principal of Rural School, paid high tribute to Mrs. Hanna's patience and understanding, as well as the technical ability which has contributed so much to the success of all girls' clubs in that community. Mrs. Isabell Pace, assistant

(Please Turn to Page 10)

## Finest Club Leader

(Continued From Page 7)

home demonstration agent in charge of Maricopa County girls' club work, also spoke in praise of the honored guest. As the climax, State Club Leader O. W. Dishaw presented her with a jeweled leadership pin on behalf of the Agricultural Extension Service.

Perhaps the most astonishing fact mentioned was that, in her 12 years as a leader of 4-H clothing clubs, Mrs. Hanna has worked with 368 girls—90% of them have completed their individual projects! This is probably an all-time high record, according to Mrs. Pace.

Many of these have been girls from families of less than average income and opportunities. Mrs. Hanna, though, never let them feel such handicaps for a moment. If they lacked materials equal to those of other girls in the group, she saw that they got what they needed for whatever projects they chose to undertake. Not as gifts; they got the chance to work and earn, often in the lunch room there at the school which Mrs. Hanna had managed for many years.

Largely because of Mrs. Hanna, Rural School is always to the fore at the County 4-H Fair. It was to the fore at the State Fair and the State 4-H Roundup in Tucson, before war caused those events to be suspended. Wherever there is 4-H competition there are Rural competitors—and back of them stands Mrs. Frank Hanna.

She carried her 4-H enthusiasm right into her own family, too. Both her daughters have been winners of trips to the National Club Congress held annually in Chicago. Her son was following in her footsteps as a leader—but of boys' clubs, of course—until World War II interrupted his teaching career.

Arizona Farmer-Producer  
8-45  
Man Who's Missed



**N**EVER again will the Maricopa County 4-H Fair seem quite the same. Nor will any session of the Arizona Holstein-Friesian Assn. For Forest E. Ostrander won't be on hand.

Dr. Ostrander—or "F. E." as he was commonly known—is gone and his passing has left a gap that can never be filled.

For it was Dr. Ostrander who got cow testing started in Arizona; he even did some of the first testing and taught the art to many of his pupils in the agricultural department of Arizona State College at Tempe. He selected the foundation stock for the college Holstein herd. He organized the first 4-H club in the State. He organized and promoted the annual county 4-H fair on the college campus, which has grown into the biggest event of its kind in the U. S. For over two decades he was treasurer of the Arizona Holstein-Friesian Assn., and his re-election was always automatic, with thanks for faithful and effective service.

A quiet and unassuming man, Dr. Ostrander in his lifetime never received proper credit for his good works. He was born in Gerry, N. Y., Feb. 22, 1877. His teaching career began in Montana, where for two years he and his wife were in extension work. In 1918 they came to Tempe, where Dr. Ostrander became head of the agricultural department. Later he became associate professor of biology and adviser in pre-medics. Never, however, did he lose his interest in farming nor in good livestock.

Besides his wife, Dr. Ostrander left three adopted daughters behind him. One of them, Ruby, had a brilliant career in 4-H work.



## Banquet Set For 4-H Club

Twenty boy and girl members of 4-H Clubs over the state, seven of whom will attend the national congress session of the organization in Chicago, will be feted with a dinner in the Crystal Room of Hotel Adams the night of November 28 as guests of the Phoenix Chamber of Commerce, it was announced yesterday.

Elliott S. (Jack) Humphrey, director of the chamber's agricultural department will be host for the occasion, Louis Haas, executive secretary, said. A number of short talks will be given by the clubbers with transcriptions made for later presentation by radio.

The seven champions picked for the Chicago trip will leave with their adult escorts the following afternoon. The congress opens in Chicago December 2 and continues until December 6.

Those honored at the dinner will be Malcolm Adams, Albert Owens, Mattie Whinery, Barbara Jean Austin, Lester Matlock and Alfred Austin of Scottsdale; Wayne Ramsey, Oliver Anderson, Robert Biggs, Virginia Cluff and Frances Stokoe of Phoenix; Clare Huber, Mesa; Frances Coman, Tempe; Rachael Fraunfelder, Mary Burnett, Elfrida; James V. Dewhurst, Yuma; Ruth Ann Spencer, Sedona; Beatrice Muretic, Cottonwood; Dixie Lee Nuthall, Dragoon, and Joseph Richey, St. Johns.

## Scottsdale Girl Gets 4-H Award

Barbara Jean Austin, Scottsdale High School senior, has been awarded one of 12 national trips to the 4-H Congress slated for December 2 to 6 in Chicago, and a \$200 scholarship to any university in the country, as one of the national winners in the Farm Safety Contest sponsored jointly by the department of agriculture and General Motors.

She had previously won the Maricopa county and Arizona farm safety contests.

Accompanying her to Chicago will be her brother, Alfred, who will represent Arizona in poultry divisions of the national 4-H Congress.

Announcement of Miss Austin's award came from Kenneth L. McKee, state leader of 4-H club work, who is affiliated with the University of Arizona extension service.

Other Maricopa county residents who will attend the National Congress are Frances Stokoe, Scottsdale, and Robert Biggs, Mesa.

The Scottsdale community has been named the best in the state in 4-H work, according to Mr. McKee.

## Seven 4-H Winners Told

Three Maricopa county 4-H Club members are among the seven in Arizona that have won trips to the Chicago national congress meeting of the organization through outstanding records, it was announced yesterday by Paul R. Brown, assistant county agricultural agent.

The Chicago congress will be held December 2-6 and the Arizona delegation will be there for the full period, Mr. Brown said.

The Maricopa county winners and their achievement projects are Robert Biggs, Mesa, outstanding 4-H Club member in the state;

Alfred Austin, poultry, and Frances Stokoe, food preparation, both of Scottsdale. The other winners are Beatrice Muretic, Cottonwood; Mary Burnett, Elfrida, and Dixie Nuttall, Dragoon, outstanding girl members, and Rachael Fraunfelder, Somerton, dress revue contest.

The seven to make the trip are among 20 club members named as state winners this year.

Other Maricopa county winners

are Clara Huber, Mesa, meat production; Barbara Austin and Lester Matlock, Scottsdale, and Frances Coman, Kyrene, farm safety; Virginia Cluff and Mattie Whinery, Scottsdale, dairy foods; Wayne Ramsey, Roosevelt, landscaping, and Oliver Anderson, Roosevelt, gardening.

# Will Honor Phoenix Lady As 4-H Leader

Mrs. R. E. Brannen of Phoenix has been selected as one of the five outstanding 4-H leaders of the state by the Arizona Bankers Association committee on 4-H leadership.

Mrs. Brannen served in the Avondale district for the past seven years as 4-H leader, and has made a noticeable record in percentage of completions. For her seven years of leadership, 90% of the club members who enrolled completed their club projects; and for four of these seven years, 100% completed their club work.

## Good Leader

Reason for this fine record can be found in Mrs. Brannen's personality. She is a quiet, unassuming leader who commands unusual respect and maximum cooperation from her 4-H boys and girls. She believes in a democratic club where club members carry out the program while the leader remains as a guiding hand in the background. Mrs. Brannen's wide experience in dealing with young people enables her to bring them fields of knowledge that ordinarily are not considered part of 4-H activities.

One of the highlights of the Avondale club year is the annual carnival to raise funds which help finance 4-H club events for the year. Another top-flight event is the annual dress revue at Avondale where the girls model the garments they have made. Maricopa county's 4-H fair is the climax of the Avondale 4-H year, and this club is always well represented at this event—both in number of club members and number and quality of their exhibits. Mrs. Brannen has given much of her time and energy in helping make these 4-H

club features worthwhile activities.

## Will Present Pin

Maricopa county's 4-H extension leaders, Mrs. Isabell Pace and Mr. Paul Brown, are arranging an appropriate ceremony for presentation to Mrs. Brannen of the Arizona Bankers association jeweled leadership pin. Club members in Avondale and 4-H people throughout Arizona look forward to continued cooperation with Mrs. Brannen in building a strong and lasting 4-H program.

# Heigho 4-H Clubs!

ONE Ranger Longwell, they're calling Maude these days, since she galloped through two Thursday 4-H programs in the absence of Arizona Farmer's Old Farm Reporter Ernie Douglas.

Little did the women's editor know what she was letting herself in for when she tranquilly agreed to take over Dinnerbell Time while Ernie went gallivanting to Cochise County. All she had to do, she found at the last moment, was put a dozen youngsters (winners in this year's State 4-H contests) on the air, inveigle them to tell about their projects and prizes, introduce their supervisors, and a guest from the Santa Fe railroad, who had been invited to present an award on Dinnerbell—all in 11 minutes!

By liberal application of spurs and quirt, she managed the roundup in the allotted time—all except a couple of attractive girls from out Scottsdale way, who didn't get to tell about their winning Dairy Foods Demonstration. She herded them in later, on a transcription, broadcast the following Thursday, and had time to spare on the platter for the other winners to further discuss their 4-H achievements.

*Arizona Farmer - 11-7-45*

ments.

As told in the Nov. 3 Arizona Farmer, seven of the kids get to take the coveted trip to this year's National Congress of 4-H Clubs in Chicago.

## ARIZONA REPUBLIC

Phoenix, Arizona Page 8  
Saturday, November 24, 1945

# Scottsdale Girl Gets 4-H Award

Barbara Jean Austin, Scottsdale High School senior, has been awarded one of 12 national trips to the 4-H Congress slated for December 2 to 6 in Chicago, and a \$200 scholarship to any university in the country, as one of the national winners in the Farm Safety Contest sponsored jointly by the department of agriculture and General Motors.

She had previously won the Maricopa county and Arizona farm safety contests.

Accompanying her to Chicago will be her brother, Alfred, who will represent Arizona in poultry divisions of the national 4-H Congress.

Announcement of Miss Austin's award came from Kenneth L. McKee, state leader of 4-H club work, who is affiliated with the University of Arizona extension service.

Other Maricopa county residents who will attend the National Congress are Frances Stokoe, Scottsdale, and Robert Biggs, Mesa.

The Scottsdale community has been named the best in the state in 4-H work, according to Mr. McKee.



## Send off for 4-H Trippers



The Chicago party, left to right: Betty Gibbens, winner of Clothing Achievement contest; Freddy Thonen, Victory Garden; Nellie May Hart, Santa Fe trip; Dorothy Patterson, Food Preparation; O. W. Dishaw, State Club Leader; Fanny Coman, Dairy Production Demonstration; Ann Rohrbaugh, Girls Record contest; Olive Rundell, Canning; John Collins, Food for Victory; Dorothy Adams, Dress Revue; Malcolm Adams, Santa Fe trip.

**W**HAT a party it was! Meaning that dinner given at the Hotel Westward Ho, Phoenix, the evening of Nov. 29, for the eight state 4-H champions who had won trips to the National Club Congress in Chicago.

It was likewise a dinner for the Maricopa County champions of 1944 who were not also trip winners—as four of them were. That made about 26 honored guests of the Agricultural Extension Service and Arizona Farmer, it being a joint affair.

On top of that, the dinner was the official start of the 4-H bond-selling drive in Arizona. So that members and leaders all over the State might have faster-than-mail notification of how the drive was to be conducted, half an hour of the program was broadcast over the Arizona Network.

First, Secretary of State Dan Gar-

ren Austin told how she and her 4-H members had managed two highly successful bond drives at Scottsdale and how well they were getting along with the third.

The flustered emcee was able to announce that prizes, consisting of \$425 worth of bonds, had been donated by the Valley Bank, Neil McGinnis Co., Arizona Edison Co., and Southern Arizona Bank & Trust Co. He was flustered because along about that time he came to the ghastly realization that he couldn't crowd half his scheduled program into half an hour of air time. That's the reason the presentation of the two Santa Fe awards by Tom Murray occurred after Jack Williams had sternly disconnected the microphone.

Anyway, the 10 champs who were leaving for Chicago the next morn-



Tom Murray was very happy about the whole thing when he presented the Santa Fe awards to Nellie May Hart of Sedona and Malcolm Adams of Scottsdale.

vey extended greetings on behalf of Gov. Sidney Osborn. O. W. Dishaw, new state club leader, disclosed the general bond campaign plan. Chairman Walter Bimson of the Arizona War Finance Committee gave his blessing and applause to the whole idea. Mrs. Bimson, chairman of the women's division of the same committee, had some sound advice about setting and reaching goals. Mrs. War-

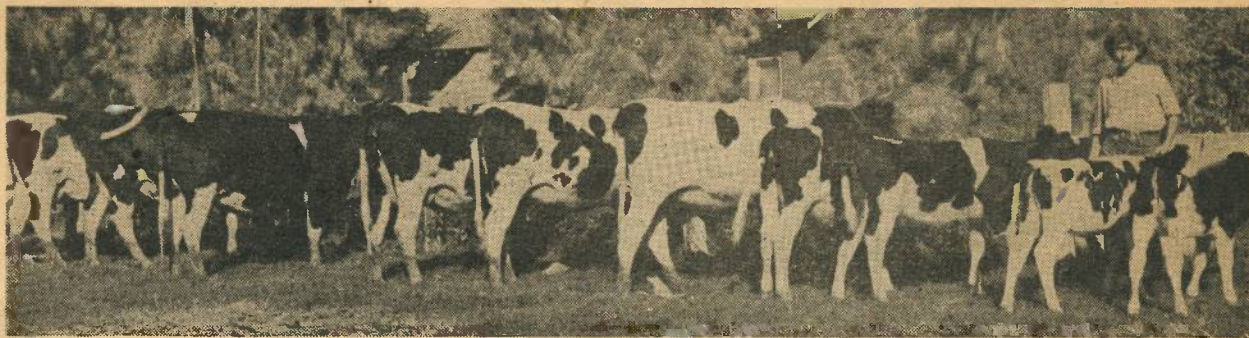
ing got time to tell their 4-H stories briefly—but very!

Before the broadcast, charming Patsy Prescott of KOY guitarred and sang a flock of cowboy songs. And there was other entertainment and lots of fun and everybody except the emcee went home happy.

Arizona Trip Winners  
Dec. 1944



# Plenty of 4-H Talent Shown in State Contest



Frances Coman of Kyrene, has made such a brilliant record in Dairy Production, that she won the right this year to compete for the American Holstein-Friesian 4-H Award, a \$200 scholarship to the college of her choice. She started with one registered Holstein heifer, has built up to a herd of 14 registered females valued at over \$3,000. In her six years of Club work, she has sold over \$3,600 worth of dairy products.

**T**HE beamingest smiles Arizona Farmer's weary editorial staff has seen in many a day were those on the faces of Paul Brown and Mrs. Isa-

bell Pace, directors of 4-H work in Maricopa County, when they came in to brag modestly about the winnings of Maricopa County boys and girls in the recently concluded State 4-H contests.

The Farmer already had the report of O. W. Dishaw, acting state director, which indicated that 13 of the 20 state awards were handed to Maricopans, with Scottsdale clubs 'way out in front. The highest honor of all, though—a trip to this year's National Congress of 4-H Clubs in Chicago—was spread around among boys and girls of Maricopa, Cochise, Yuma

and Yavapai counties.

Here are the seven talented, hard-working and downright lucky individuals who are assured of that Chicago trip:

Beatrice Muretic of Cottonwood, and Robert Biggs of Mesa, were adjudged Outstanding Girl and Boy of the State, and will take the trip as guests of the Santa Fe railroad.

Mary Burnett of Elfrida, had the Best Girl's Record. She'll go to Chicago as guest of Montgomery Ward and compete there for one of the several \$200 college scholarships awarded by the sponsor.



In order to win over stiff competition in Food Preparation, Frances Stokoe of Scottsdale, answered questions that would make candidates for a master's degree turn pale. In her five years Club work, she has completed seven projects in baking, meal planning, canning and clothing; was outstanding 4-H bond salesman in the Fourth and Sixth War Loan Drives—in the latter selling \$16,000 worth of bonds toward the Scottsdale total of \$158,000. Frances is working toward a career in hospital or public health dietetics.



Robert Biggs of Mesa, worked his way up to become Arizona's Outstanding 4-H Boy, by seven years of enthusiastic work, including shining records in dairy, poultry, sheep and hog production. He also excelled in Victory Gardening. Has won championships galore in county fairs, and is a member of the State 4-H Champion Livestock Judging team.

Frances Stokoe of Scottsdale, wins the trip by virtue of superiority in Food Preparation in a contest sponsored by Servel, Inc. Frances may win one of Servel's \$200 scholarships in national competition.

Dixie Lee Nuttall of Dragoon, won in Clothing Achievement. That means the Spool Cotton Company will pay

(Please Turn to Page 24)





Oliver Anderson of Roosevelt produced a garden and row-by-row record that made him the State's champion 4-H Victory Gardener this year. Oliver is competing for the Sears National Victory Garden Award—a trip to the National Congress of 4-H Clubs at Chicago and a \$100 Victory Bond.

## 4-H Contests

(Continued From Page 20)

her expenses to Chicago and just maybe award her one of those coveted scholarships.

Rachael Frauenfelder of Somerton, was top girl in the State Dress Review, so she's Arizona's Chicago guest of the American Viscose Corp. In Chicago Rachael hopes to win a \$25

war bond and a ribbon for national superiority.

Alfred Austin of Scottsdale, led all the rest in Poultry Production. He'll represent the State in Chicago and compete for a \$200 scholarship, as guest of Swift and Company.

There a number of others who have won State awards in the form of Victory Bonds, gold watches or plaques, and in addition the chance

to compete regionally for a berth on that Chicago-bound train.

Malcolm Adams and Albert Owens of Scottsdale, if they win in the regional Dairy Production Demonstration contest, will win the Chicago trip and a \$200 scholarship apiece at the expense of the Kraft Cheese Co.

Clare Huber of Mesa, will get to go to Chicago as the guest of Thomas E. Wilson Packing Co., and win a \$200 scholarship, if he wins regionally in Meat Animal Production.

Barbara Austin of Scottsdale, top State winner in the Farm Safety contest, may win a \$200 scholarship and the Chicago trip, sponsored by General Motors.

If Oliver Anderson of Roosevelt, repeats his state triumph in Victory Gardening regionally, he'll go as a guest of the Sears Foundation and win a \$100 Victory Bond awarded by the sponsor.

Wayne Ramey of Roosevelt won in Home Grounds Beautification. If he wins in the regional contest, Mrs. Chas. R. Walgreen of Chicago, will stake him to that trip.

Frances Coman of Kyrene, is competing for the American Holstein-Friesian 4-H award, a \$200 scholarship.

### Just State Prizes

State prizes which are not accompanied by a chance to compete for regional and national honors, include the Dairy Foods Demonstration contest, sponsored by Kraft Cheese Co., and won by the Scottsdale team of Mattie Whinery and Virginia Cluff. Mattie and Virginia are the richer by a \$50 Victory Bond apiece.

Lester Matlock of Scottsdale, and Frances Coman of Kyrene, won \$25 Victory Bonds, awarded by General Motors, in the State Farm Safety contest.

Joseph Richey of St. Johns won a \$25 bond, awarded by Sears, for state honors in Victory Gardening.

Ruth Ann Spencer of Sedona and James Dewhurst of Yuma, won \$25 bonds from Swift and Company for Poultry Production.

Arizona Farmer  
11-20-1945

ARIZONA REPUBLIC  
Phoenix, Arizona Page 8  
Saturday, November 24, 1945

## Scottsdale Girl Gets 4-H Award

Barbara Jean Austin, Scottsdale High School senior, has been awarded one of 12 national trips to the 4-H Congress slated for December 2 to 6 in Chicago, and a \$200 scholarship to any university in the country, as one of the national winners in the Farm Safety Contest sponsored jointly by the department of agriculture and General Motors.

She had previously won the Maricopa county and Arizona farm safety contests.

Accompanying her to Chicago will be her brother, Alfred, who will represent Arizona in poultry divisions of the national 4-H Congress.

Announcement of Miss Austin's award came from Kenneth L. McKee, state leader of 4-H club work, who is affiliated with the University of Arizona extension service.

Other Maricopa county residents who will attend the National Congress are Frances Stokoe, Scottsdale, and Robert Biggs, Mesa.

The Scottsdale community has been named the best in the state in 4-H work, according to Mr. McKee.

## A Page of 4-H Winners



Alfred Austin of Scottsdale led all the rest in Poultry Production, and will go to Chicago to compete for national honors. These are just a few of Alfred's Barred Rocks. He also goes in for Rhode Island Reds, geese and turkeys.

Mattie Whinery and Frances Cluff of Scottsdale, took state honors in Dairy Foods Demonstration. They presented a menu of Brtochy Smetana (meat balls cooked in sour cream, to you); vegetable salad tossed in sour cream dressing; and a buttermilk fruit drink.



Malcolm Adams and Albert Owens of Scottsdale, were top team in Dairy Production Demonstration. They used this young Ayrshire cow of Albert's, in presenting points to consider in the selection of a dairy animal.



## Local 4-H Club Received High Honors At The 19th Annual 4-H Club Fair

Buckeye Valley News

April  
27-45

### 4-H Achievement Program

The Avondale school will hold its annual 4-H Achievement program next Tuesday, May 8th, from 2:00 to 4:00. Mr. Paul Brown and Miss Isabel Pace from the County 4-H Department will make achievement awards. 5-4-45

In county-wide competition with other 4-H Club boys and girls at the Maricopa County 4-H Club Fair last week, the local club won many high honors.

The two-day Fair was the largest in the history of the organization and included exhibits of cattle, hogs, sheep, poultry, rabbits, horticulture, handicraft and home economics projects, including "Foods for Health Posters and Exhibits" and "Clothing".

Included in the program were contests for county championship awards as follows: Demonstrations; Judging of Livestock, Poultry, Vegetables, and Feeds by exhibitors.

A dress Revue featuring dresses made by 4-H girls and a parade contest for all 4-H Clubs were high lights of the Saturday program, as was the special musical program by girls of the Palo Verde Club.

Parade honors went to Scottsdale, 1st, Avondale, 2nd, Alhambra, 3rd.

In keeping with the national spirit of memorium of President Roosevelt, Mr. O. W. Dishaw, State Leader of 4-H Club Work, gave a short tribute and a pledge that 4-H'ers will carry on; a period of silence was observed, followed by singing of "The Battle Hymn of the Republic" by a 4-H leader, Miss Ruby Louise Ostrander, the audience joining in on the chorus.

An auction sale of fat livestock was held at the close of the Fair. The champion Hereford steer, exhibited by Charles Muthis of the Washington 4-H Club, was bought by Tovreas for 24c a pound. The champion fat hog, exhibited by Junior Barker of Tolleson, sold to Safeway for 17c a pound. The champion sheep of Helen Benbow of Buckeye sold to Safeway for 18c per pound.

### VOLUME FOUR 4-27-45

## Westside Enterprise Westside Boys and Girls Winners In 4-H Fair At Phoenix

A number of Westside members of the 4-H Club were awarded prizes in the 4-H Fair held recently in Phoenix. In the beef and hog exhibits: Price Curd, jr, of Buckeye, had the champion Hereford breeding heifer; Junior Baker of Tolleson had both the champion fat hog and the champion Duroc Jersey. In the special awards, Price Curd, jr., was given a Hereford steer by the Phoenix Kiwanis Club for the best beef exhibit.

The Avondale Club won a prize of \$3 for taking second place in the Parade. The prize was given by the Maricopa Farm Bureau.

Ora Ollson and LaNell Henry won the girl's junior division demonstration team award with 279 points. Betty Joe Tompkins of Cartwright won the junior Best Record Book award.

The Avondale girls also placed third in the parade. Larry Coor of Avondale was chosen as the health representative.

## April 4-H FAIR 26-45

A group of fifty-four girls and three teachers, Mrs. Brannen, Mrs. Hollingshead, and Miss Byars, enjoyed a lovely spring Saturday, April 24th, at the 4-H Fair held on the State College Campus at Tempe.

Several girls won ribbons for their sewing. Beverly Duncan won a blue ribbon for her fourth year dress. Johnnie Merle came in second and received a red ribbon. Dolores Rahe, coming in third, received a white ribbon. Pat Carter won a red ribbon for her second year slip. Mavis Shackelford received a white ribbon for her fringed luncheon set. Margaret Rhodes received a white ribbon for her luncheon set.

Ora Olsen and LaNell Henry gave a demonstration on "Helping Mother by Setting the Table." The girls did a wonderful job. They not only won over their group but also over all the other girls that participated, which included high school groups.

Avondale school won second in the Victory Parade and received a prize of three dollars.

## **Palo Verde And Arlington Schools Graduation**

### **ARLINGTON SCHOOL GRADUATION**

The Arlington school will hold their eighth grade graduation program on Wednesday evening, May 16.

The program consists of the following: A playlet, "A Trip Into the Future" by seventh and eighth grades.

Master of ceremonies, Norman Nichols; Salutatory, Cora Etta Pierce; Class Will, Billy Harvey; Class history, Natty Rangel; Class song, "Voice in the Wood"; Vocal solo, Eustaquio Figueroa; Valedictory, Gilbert Rangel; Presentation of awards, Mr. Paul Brown, assistant County agricultural agent, Mrs. Isabel Pace, assistant home demonstration agent, Mr. McElhanon, principal. Presentation of class, Mr. McElhanon.

An address will be given by Rev. Paul H. Eldridge, recently returned from the Philippine Islands.

Presentation of Diplomas by Pete Harvey, clerk of the school board.

### **PALO VERDE SCHOOL TO HOLD GRADUATION EXERCISES**

The Palo Verde School will hold its graduation exercises next Thursday evening, May 17th in the school auditorium. A short program appropriate for the occasion will be presented by members of the graduating class, beginning at 7:15 p. m.

Members of this years graduating class are: Charles Barron, Jerry Wood, Gene Narramore, Karl Kynast, Philan Thedford, Eugene Yocham, Loyd Ellis, Monroe Leatherbery, Sarah Hazen, Lilly Briones, and Donna Skousen.

An achievement program will be held during the evening. Mr. Paul W. Brown and Mrs. Isabelle Pace will present 4-H awards to all 4-H Club members.

Mr. L. F. Joslin will present the Perfect Attendance awards, Merit Pin Awards and the Athletic Awards.

Diplomas will be presented to the graduates by Mr. Coke Elms, president of the school board.

**The Palo Verde 4-H Club is making preparations to attend the annual 4-H Club Fair, sponsored by the State Teacher's College to be held next week in Tempe.**

*Buckeye - Oct 4 - 45*

### **PALO VERDE 4-H INITIATION**

The Palo Verde Girls 4-H Club held an initiation party last Friday night in the school auditorium. The new members were given first of all, a gruesome, informal initiation. They were dressed in gunny sacks and ropes; had a different colored ribbon on each toe, and wore their hair slicked up on top of their head. They were next dressed in green robes and were initiated into 4-H Club work in an impressive formal ceremony.

The girls played several games and refreshments of ice cream, cake and pop were served. Several of the girls mothers attended the party.

The new members are Pauline Howe, Dessie Yochom, Billie Jane Narramore, Cozetta Riggs, Edith Griffey, Edwina Woods, Barbara Lawler, Betty Grace Tidwell and Patsy Moser.

The new officers are: President, Gracie Barron; vice president, Salie Elms; secretary, Polly Briones; treasurer, Emma Lou Ellis; Reporter, Bobbie Bell; song leader, Evelyn Thedford; sponsor, Mrs. Louis Joslin.

### **4-H Club Winners To Get Prizes; Dinner Set**

Winners of the 4-H Club Victory Garden and canning contest will be guests at the local Sears, Roebuck and Company Store at a dinner in Parlor A, Hotel Westward Ho, Monday at 7 p. m., it was announced by Paul Brown, assistant county agent.

Joe Francouer, manager of the Sears store here, will award the winner of the contests with cash prizes for the best victory garden and the best job done on canning fruits and vegetables.

### **ARLINGTON 4-H CLUB**

The Blue Ribbon 4-H Club of Arlington, Ariz., had its first meeting of the year recently. Officers elected are: President, Roberta Walls; vice-president, Wanda Ray, secretary-treasurer, Irene Pablo; reporter, Mary Sanders; song leader, Martha McElhannon; Mrs. Ellen Hardin, leader, assisted by Mr. and Mrs. Wm. McElhannon.



## Schools Plan Health Tests

Although there may not be a competition at Tucson this spring to determine the state 4-H Club health champion as there has been in former years, various Maricopa county schools have named theirs in elimination tests and a county champion will be chosen from them, it was announced yesterday.

Under the supervision of Mrs. Isabell Pace and Paul Brown, assistant county agricultural agents, the school champions will be given physical tests by local physicians to determine the highest rating boy and girl.

Those entered in the competition and their schools are Laura Ulrich, Balsz; Lucy Song and Albert Owen, Scottsdale; Calen Morrow, Union; Wayne Pitrat and Rachel Tucker, Laveen; La Joyce Fowler, Dysart; Carl Weller and Cythel White, Roosevelt; Larry Copr, Avondale; Patsy Pere, Gilbert; James Frasier and Mary Hinoposa, Kyrene.

Evelyn Thedford and Philan Thedford, Palo Verde; Jamie Groover and Joanne Stahnke, Tempe Training; Flavio Mayova and Mick-ev Guerero, Tempe Eighth Street; Samuel Rogers, Washington; Betty Mae Schackner, Rural; Clifford Ashley, Alhambra; Jay Kiggins Stevenson; Betty Asher, Lehi; Dick Goutchie and Jane Haymore, Mesa.

MESA JOURNAL-TRIBUNE

Thursday, May 17, 1945

## Fine Exhibits Are Displayed At Lehi 4-H Achievement Program

4-H Club boys and girls of the Lehi community held their annual achievement program at the school Friday, May 11, with many outstanding exhibits being displayed by members enrolled in handicraft and home economics projects. The exhibits were judged by Paul Brown, assistant county agent, and Mrs. Isabell Pace, assistant home demonstration agent, and awards given the winners.

Twenty-four girls completed meal planning and clothing projects and 26 boys completed handicraft and three completed livestock projects. All received achievement pins and certificates.

The following indicate placings and awards on exhibits:

### Home Economics

Food-for-health posters — Second year, Jeanette Hemphill, first; Joan Franks, second; and Bonnie Hathcock, third. First year, Barbara Bartram, first; Donna Freezar, second; and Mitzie Buckley, third.

Meal planning records—Marline Freeman, first; Melva Merrill, second; and Jeanette Hemphill, third.

Clothing — Children's garments (3rd year), Tomie Okozaki and Jeanette Hemphill, first; June Bishop, second; and Juanita Cain, third.

Slips (2nd year), Shirley Mortensen, first; Lillian McLellan, second; and June Bishop, third.

Laundry bag (2nd year), Bonnie Bartram, first; Shirley Mortensen, second. Nedra Sirrine,

first, for shoe bag.

Dresses (2nd year), Shirley Mortensen, first; Jeanette Hemphill, second; and Bonnie Hathcock, third.

Dresses (3rd year), Joan Franks, first; Melva Merrill, second; and June Bishop, third.

Clothing record books, Juanita Cain, first; Bonnie Ogle, second; and Bonnie Bartram, third.

### Boys Division

Jesus Valdez, who took first for his book case entry, was also given grand champion award.

Magazine rack, Antone Mathison, first; Leslie Wester, second; Russell Bendure and Robert Harder third.

Table, Clarence Jackson, first; Billy Ranken, second; Tony Gonzales, third.

Chest (large), Larry Lee and Frank Beltram, first; Lloyd Gifford, second; and Mike Baisa, third.

Table (small), Sabro Sekiya, first; Jim Miller, second; and Tillman Lawrence, third.

Kitchen stool, Leslie Wester, first; Dewey Casey, second; and Lewis Horne, third.

### Leather Craft

Pocketbook, Antone Mathison, first; Tillman Lawrence, second. Quinton Shill, first for plaque.

Gold medals were given for the county 4-H fair winnings, going to Clarence Jackson for an end table; Quinton Shill for a leather belt, Leslie Wester for a kitchen stool and Frank Beltram for a large chest.



# 4-H Club Members Plan For Big Year Ahead; Rittenhouse Is Newest Addition To Group

Members of the Mesa Senior 4-H club met at the home of Robert Biggs Thursday and plans were made for the club's activities for the coming year. It was decided to enter contestants in all the annual county, state and national 4-H club contests for 1946. 4-H members will also be represented in the county 4-H club fair and at the district 4-H club competitive events to be held in the near future.

The record made by the senior club in 1945 included three state championships. Robert Biggs, son of Mr. and Mrs. E. D. Biggs, Mesa, was selected as the state's outstanding 4-H club boy for 1945 and was also chosen as top livestock judge in the state contest. Clare Huber, state champion in 4-H club meat production, and Bob Fuller, a member of the state championship 4-H club livestock judging team, were also pointed out for high honors.

The newest 4-H club in the Mesa district was organized this week at the Rittenhouse school. Joe Jarvis was appointed club leader by Paul Brown, assistant county agent. Thirty-six boys and girls enrolled for club work at the meeting.

Members of the Mesa Senior 4-H

club were guests at the Scottsdale 4-H club Wednesday. There they visited members' livestock farms and inspected their pure blooded cattle. The Scottsdale state championship dairy demonstration team performed for the visitors.

A 4-H club will soon be organized at the Alma school according to Mr. Brown. Brown and Mrs. Isabel Pace, assistant home agent, met with teachers at the school last week and discussed plans for sponsoring 4-H club work at Alma school according to Mr. Brown. Brown and Mrs. Isabel Pace, assistant home agent, met with teachers at the school last week and discussed plans for sponsoring 4-H club work at Alma. Mrs. Herbert Gates was appointed 4-H club leader. Plans for getting the club underway by December 1 were made.

Mesa Journal-Tribune  
11-22-45

## Will Honor Phoenix Lady As 4-H Leader

Mrs. R. E. Brannen of Phoenix has been selected as one of the five outstanding 4-H leaders of the state by the Arizona Bankers Association committee on 4-H leadership.

Mrs. Brannen served in the Avondale district for the past seven years as 4-H leader, and has made a noticeable record in percentage of completions. For her seven years of leadership, 90% of the club members who enrolled completed their club projects; and for four of these seven years, 100% completed their club work.

### Good Leader

Reason for this fine record can be found in Mrs. Brannen's personality. She is a quiet, unassuming leader who commands unusual respect and maximum cooperation from her 4-H boys and girls. She believes in a democratic club where club members carry out the program while the leader remains as a guiding hand in the background. Mrs. Brannen's wide experience in dealing with young people enables her to bring them fields of knowledge that ordinarily are not considered part of 4-H activities.

One of the highlights of the Avondale club year is the annual carnival to raise funds which help finance 4-H club events for the year. Another top-flight event is the annual dress revue at Avondale where the girls model the garments they have made. Maricopa county's 4-H fair is the climax of the Avondale 4-H year, and this club is always well represented at this event—both in number of club members and number and quality of their exhibits. Mrs. Brannen has given much of her time and energy in helping make these 4-H

Mesa Journal-Tribune  
Nov 12-1945

# Farm And Home News

(Written by the Agricultural Extension Service, Phoenix)  
Phone 4-91221



Thursday, November 1, 1945

## Need Of Good Breakfast Emphasized In Menus And Preparation Schedules

By Isabell Pace

National "Good Breakfast Week" is set apart to emphasize our need for an adequate meal to start our day right.

A good night's sleep is the best appetizer for breakfast. Get up early enough to eat without hurrying. A good breakfast will give you more "pep" than that last "forty winks."

### What Is A Good Breakfast?

A basic breakfast pattern is:

Fruit or juice; preferably citrus or tomato.

Cereal: Ready to eat or to be cooked (whole grain, enriched, or restored).

Milk: Served on cereal and as a beverage.

Bread: Enriched toast, muffins, rolls, pancakes, waffles, etc.

Butter or enriched margarine.

The most often expressed reason for poor breakfasts or no breakfast at all is lack of time. Breakfasts should be time-planned. Make breakfast an enjoyable meal.

### Prepared in 10 Minutes

#### MENU

Sliced Oranges

Ready-to eat Cereal\* Milk

Streusel Coffee Cake Butter

Milk Coffee

#### Preparation Schedule

1. Put water on for coffee; measure coffee into the pot. (Or use your favorite quick method.)
2. Peel and slice oranges.
3. Pour ready-to-eat cereals into bowls.
4. Place dishes and food on table.
5. Finish making coffee (if necessary).
6. Serve breakfast.

\*Cooked cereal may be prepared the night before and reheated for breakfast.

### Prepared In 15 Minutes MENU

Cooked Fruit

Ready-to-eat Cereal Milk

French Toast Peach Jam

Milk Coffee

#### Preparation Schedule

1. Put water on for coffee; measure coffee into the pot.
2. Put griddle over low heat. Prepare French Toast; start cooking it.
3. Serve fruit in dishes.
4. Pour ready-to-eat cereal into bowls.
5. Place dishes and food on table.
6. Finish making coffee and French Toast.
7. Serve breakfast.

### Prepared in 20 Minutes MENU

Orange or Grapefruit Juice

Cereal (to be cooked) Milk

Soft cooked Eggs or Bacon

Hot Buttered Toast

Milk Coffee

#### Preparation Schedule

1. Measure water for cereal; put on to boil.
2. Boil water for coffee; measure coffee into the pot.
3. Squeeze oranges or grapefruit (or prepare other fruit).
4. Measure cereal and add to boiling water. Cook according to directions on cereal package.
5. Make toast and prepare eggs or bacon. (If eggs are used, they can be cooked in the bottom of the double boiler).
6. Place dishes and food on table.
7. Finish making coffee (if necessary).
8. Serve breakfast.

# Farm And Home News

(Written by the Agricultural  
Extension Service, Phoenix)  
Phone 4-2133



## "DON'T PASS UP SWEET POTATO," IS ADVICE TO VALLEY HOUSEWIVES

ISABELL PACE

Asst. Home Demonstration Agent

"When is a potato not a potato? When it's a sweet potato," so says the Marketing administration, U. S. Department of Agriculture. That's right, home-makers, the sweet potato is no relation to the Irish potato. But they do have some things in common, particularly right now.

For one thing, they're both in abundant supply. You can get all you want at your favorite grocery. Second, prices are far below ceilings in most parts of the country. Third, they're both healthful, nourishing foods, rich in minerals and vitamins. And fourth, they can be served in many delicious, taste-tantalizing ways.

Of course, sweet potatoes won't be around as long as Irish potatoes. They're not produced in the quantity that plain spuds are, and they don't do too well in storage. But you can have lots of them into November and after that, cured varieties should be available for holiday dinners. Like ordinary potatoes, sweet potatoes can be boiled, mashed, hash browned, and baked. In addition, you'll find that sweet potatoes make delicious pies and puddings. Your favorite recipe book will probably tell you how to make sweet potato cakes, sweet potato puffs, and sweet potato and apple scallop. Then, of course there's the old standby, candied sweet potatoes.

Sweet potatoes pack a real prize package of food values under their skins. So, for best results, cook them with their jackets on. And for the most "good" out of them, eat them jacket and all. Try these recipes:

### Sweet Potato Pie

1 cup boiled and mashed sweet potato

1 egg slightly beaten

$\frac{3}{4}$  cup rich milk

2 tablespoons butter or margarine

$\frac{1}{2}$  cup sugar

$\frac{1}{2}$  cup chopped raisins.

To the potato add the butter and eggs, slightly beaten. Put sugar in a pan and stir constantly over the fire, until it is melted and browned slightly. Add the syrup to the milk heated to the boiling point. When the two are blended, add raisins. Allow the mixture to simmer 10 minutes; add potato, mix well, and bake in a pastry crust.

### Sweet Potatoes and Apples

3 medium sweet potatoes

3 apples

1 tablespoon butter

$\frac{1}{4}$  cup sugar

1 cup raisins.

Boil sweet potatoes until tender; then slice them in small pieces. Put layer of sweet potatoes in a buttered baking dish; next put in a layer of apples and raisins. Sprinkle with sugar and dot with bits of butter. Alternate layers of potatoes, apples, and raisins until dish is filled. Finish the top with the potatoes and use more butter and sugar so that a brown crust will be formed. Bake one hour in a moderate oven. Serve with game, roast or breaded chop.



## Farm And Home News

(Written by the Agricultural Extension Service, Phoenix)  
Phone 4-2133)



### Give Old Clothes Care They Need, Housewives Advised

ISABELL PACE

Asst. Home Demonstration Agent

Give your pre-war clothes the care they deserve and they will give you the wear you demand, advise Extension Service clothing specialists of Colorado A and M College at Fort Collins. Their suggestions for letting "pre-war clothes" grow old gracefully include: you will get more wear out of clothes if they are kept in shape to wear, that is watching out for the simple day-to-day details. This eliminates wardrobe to get into such a state of disrepair that suddenly you have nothing presentable to wear.

Rule number one is: put dress on a hanger as soon as it is taken off. A padded hanger is better than a wire one. For a while let the dress hang in a room with circulating air.

Rule number two is: brush wool and wool-like dresses with a clothes brush. Use a soft cloth to brush silk and rayon dresses. Brush inside as well as outside the dress. Also, brush in the direction of the grain of the cloth, or with the nap if the material is a pile fabric.

Rule three is: be sure your dress is hanging straight from the hanger before storing it in closet. Fasten neck closure and close side fastening.

An extra rule to observe is: give your dresses a rest between

wearings which will, also, save on pressing. The wrinkles in dresses and other garments will frequently "hang-out."

Something from nothing really works out when discarded family knitwear is remodeled into useful children's clothing. This is particularly helpful when clothing for the small fry group is scarce comment the clothing experts from New York State College of Home Economics.

Soft nighties can be made from the good part of three of dad's old undershirts. Dye the nightie pink and trim around the neck and sleeves with matching pink hand crochet.

From mother's knit slips, child-size panties or union suits can be made. Slips for the little girl can be made from numerous types of discarded knitwear. Lace edging will strengthen and decorate the neck, armholes, and bottom edge. Use buttons from old underwear for remodeled garments.

A playsuit from a discarded twinsweater set is another ingenious idea. Use the ribbing on the sweater to make the playsuit's tight-fitting wristlets and anklets. The seams should be machine stitched, then secured with a blanket stitch to prevent raveling.

# Farm And Home News

(Written by the Agricultural Extension Service, Phoenix)  
Phone 4-2133)



## Birth Certificate Should Be "Must" For Every Youngster

Isabell Pace

Ass't. Home Demonstration Agent

May 1, 1945 was Child Health Day!! Did we rally to the slogan—A BIRTH CERTIFICATE FOR EVERY CHILD IN THE U.S.A.? If not, now is the time. A birth certificate is a "first citizenship paper." It is the first step in planning and organizing child care programs; it entitles the holder to all the privileges and protections of citizenship. Katherine F. Leuroot — Chief, Children's Bureau U.S. Dept of Labor; J.C. Capt—Director, Bureau of Census, U.S. Dept of Commerce summarize in the following quotations reasons why Birth Registration is a Must—For All Citizens:

"Besides the many relationships which birth registration has with infant and child care, the Bureau of the Census lists more than 50 situations in which birth registration will play an important role later in a citizen's life. For example, evidence of age, citizenship, or family relationships may be required when an individual wishes to:

- enter school
- obtain an employment certificate, automobile driver's license, pilot's license, marriage license, nurse's license, radio operator's license.
- obtain a permit to carry firearms
- obtain an insurance policy
- qualify for voting
- enlist in Army, Navy, Marine corps, Coast guard, merchant marine.
- enter civil service
- qualify for social-security benefits or for pensions in private industry.
- prove age of legal capacity or incapacity, particularly for court cases.
- qualify for a federal pension
- obtain employment in war industry
- obtain passport
- obtain relief or old-age assistance
- obtain exemption from restrictions placed on aliens
- obtain entrance to restricted areas
- establish right of inheritance to an estate
- establish right to receive insurance of deceased person
- establish legal responsibility in dependency cases
- trace ancestry
- establish claim for servicemen's dependent allowances
- establish claims for ration books

WHY BIRTH REGISTRATION IS

## A MUST—FOR THE NATION AS A WHOLE

The war emergency has forcefully demonstrated the value of complete and accurate birth registration at the time of birth. practically every Government agency connected with the war effort experienced unnecessary expenses, inconveniences, and delay because records of the births of large numbers of native American citizens were lacking, incomplete, or inaccurate.

In peacetime as well, many governmental and nongovernmental agencies must have conclusive evidence of age, place of birth, or family relationships to enforce laws. Regulations regarding school-entrance age, child labor, retirement, licenses, marriage, voting, military service, old-age and pension benefits, court jurisdiction, rationing, employment in war industries, passports, inheritance, and payment of insurance become meaningless words without this evidence. Birth certificates filed at the time of birth, are the most trustworthy records of this kind it is possible to have.

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS

University of Arizona  
College of Agriculture  
U. S. Department of Agriculture  
and Maricopa County Farm Bureau  
Cooperating

State of Arizona  
P. O. Box 751  
Phoenix

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

March 15, 1945

Dear Council Officer:

Mrs. M. S. Emmett, council president, has asked me to notify you that the Rural Homemakers Council of which you are a member, will hold its annual program planning meeting on March 30 at 10 A.M. at the Y.M.C.A. Other club members may attend the meeting.

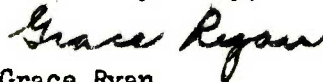
Please come prepared to express your own ideas and opinions, and the opinions of your club members about program needs.

The enclosed letter indicates the chief facts brought out in our survey, as well as suggestions made as to ways of working in 1945-46. Will you be thinking about these suggestions? This letter was sent to each of your club members.

We must be through with our meeting by 2 P.M. Those who wish to secure their lunch at the "Y" may do so. Food is quite good and prices not too high. Will you indicate on the enclosed card how many of your club members wish lunch?

We will make every effort to begin on time and close on time.

Yours very truly,



Grace Ryan  
Home Demonstration Agent

GR:S  
encl.

25c.



## SUGGESTIONS FOR COUNTY PROGRAM WORK

### How Shall We Work?

1. Regular Older Groups
2. Junior Homemakers Clubs
3. Veteran's Wives' Clubs (Homemaker as a Sponsor)
4. Small Special Interest Groups
5. Neighbor to Neighbor Contact
6. War Projects (ex-Red Cross Nursing)
7. Civic Projects (ex-"Well Baby Clinics")  
( "Public Health Project")
8. Every Homemaker Have One Small "Home Project"
9. "Neighbor-to-Neighbor" Service

### Examples of Special Interest Topics

- |                    |   |
|--------------------|---|
| Garden             | (1 Demonstration on some garden topic such as<br>( planting, spraying, dusting, etc.<br>(1 Demonstration on marketing vegetables.<br>(1 Demonstration on vegetable cookery.             |
| Poultry            | (1 Demonstration on some phase of poultry<br>( planning or care.<br>(1 Demonstration on grading eggs.<br>(1 Demonstration on new egg recipes.   |
| Milk<br>Production | (1 Demonstration on producing clean milk.<br>(1 Demonstration on marketing<br>( ex- <u>good</u> butter or <u>good</u> cheese.<br>(1 Demonstration on milk, cheese or cream<br>( dishes. |

### Example of a County-Wide Project

- |   |   |
|---|---|
| Your Kitchen as a Work Shop<br>(Example of a project built<br>around one area in a house) | (1. Time Saving Aids in the Kitchen<br>(2. One or Two Simplified Tasks as Continuation<br>( of Work Simplification Studies<br>( (ex- Cake Baking)<br>(3. Color in the Kitchen - Curtain Ideas<br>(4. A "Travelogue" - (Saving Steps)<br>(5. The Pests in Your Kitchen<br>( (Demonstration by Dr. Roney) |
|---|---|

### Examples of a Home Project for Club Member

1. Divided knife drawer
  2. Storage of soap, cleaners etc. on a sink board
  3. A scrubbing "chariot"
  4. Wash tubs your height
  5. A roller or wagon for your clothes basket
  6. A divided drawer for your sewing supplies
  7. An attractive picture for the house
  8. A slip cover
  9. A 3 way pillow for Dad
  10. A pair of kitchen curtains
  11. A toy box for a child
  12. An attractive book shelf or shelves
  13. A rose bush; a paint job on the fence; a trash box, etc.
- In fact, anything to add to the sum total of more satisfying and comfortable home living.

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April 17, 1945

Dear Club Member:

At Achievement Day, April 27, we would like to exhibit some articles made by Miss Dryden's Clothing Storage Classes.

If you have made any of the recommended articles that can be carried, will you please bring them to the meeting or send them with someone else. If convenient, you might let me know what you may choose to exhibit in order that I may plan some space. You may check on this sheet and return it to me in the enclosed envelope without postage.

Very sincerely yours,

*Grace Ryan*

Grace Ryan  
Home Demonstration Agent

Name \_\_\_\_\_

I can supply a \_\_\_\_\_ for the exhibit.

4-17-45  
50c.

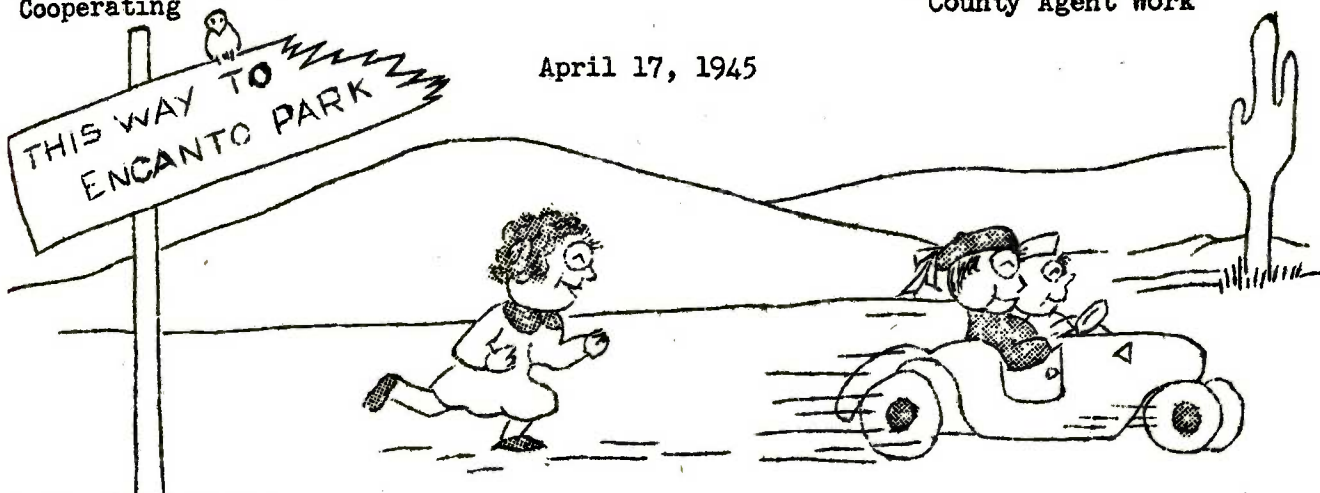
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April 17, 1945



Dear Club Member:

Annual Achievement Day is due again for Maricopa County Rural Homemakers! We know you are planning to come!

This year we will hold our Achievement Day on April 27, at 11 A.M. at the Phoenix Recreation Center (the old Norton home) directly across the street from the Encanto Park Club House. The Committee chose this place because of the excellent bus service to the area and because there is ample space for lunch and a meeting.

Each club will provide food for its own membership and each member is requested to carry a complete table service unless instructed otherwise by her club president.

Here's how to get to the Recreation Center.

Take a bus marked Encanto Park. They leave the City Bus Terminal - 225 West Washington Street - every 18 minutes, beginning on the hour. These buses will take you right to the gate of the Recreation Center at 2700 N. 15th Avenue.

If you drive, you may go west (on any of the main Phoenix streets) to 15th Avenue, then north on 15th until you reach the Center.

We hope you will bring a friend from your own community or a neighboring community who can enjoy the event, and learn more about Homemaker Club work.

Notify your club president if you plan to attend.

Sincerely yours,

*Grace Ryan*

Grace Ryan  
Home Demonstration Agent



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Dear Canning Chairman:

Last year you were kind enough to serve your community as a food preservation chairman. This service was appreciated by the communities and by the Agricultural Extension Service.

A few changes have been made in processing foods and a few new facts brought to our attention. We believe we should all get together once before the canning season opens and discuss these changes.

Could you attend a short, informal meeting at 1:30 P.M. at 1201 W. Madison on May 8? Several mothers have to be home by four o'clock, so we will make the meeting short and to the point.

If you have questions about any part of the food preservation program, will you please have them ready to present?

Enclosed you will find a leaflet which indicates how we should plan the number of cans per family in order to have variety and nutrition in foods. Will you look this over, bring it back with you and be able to make some suggestions about amounts suitable for Arizona.

Will you indicate on this sheet whether you can attend or whether you will send someone in your place and return in the enclosed envelope?

Yours very truly,

*Grace Ryan*

Grace Ryan  
Home Demonstration Agent

GR:S

District \_\_\_\_\_ Name \_\_\_\_\_

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On May 23 at the Alhambra School Cafeteria at 10 A.M. the Homemakers Club will sponsor a meeting for the community. This meeting will be devoted to discussing all kinds of food preservation such as canning, dehydrating, freezing foods.

Old and new methods of canning will be compared and questions answered. All women in the community are invited to attend.

The date -- May 23

The time -- 10 A.M.

The place -- Alhambra School Cafeteria

Yours very truly,

*Grace Ryan*

Grace Ryan  
Home Demonstration Agent

GR:S  
5-14-45  
45 c.

COOPERATIVE EXTENSION WORK  
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UNIVERSITY OF ARIZONA  
COLLEGE OF AGRICULTURE  
U. S. DEPARTMENT OF AGRICULTURE  
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AGRICULTURAL EXTENSION SERVICE  
HOME DEMONSTRATION WORK  
COUNTY AGENT WORK

NOTICE-----PRESSURE COOKER CLINICS

Pressure cookers will again be tested free of charge in your neighborhood if you will notify the Home Demonstration Office--4-2133--or by mail at 1201 West Madison Street, Phoenix, by June 1. If you prefer, you may notify the canning chairman with whom you worked last year.

Even new gauges should be tested as well as older ones.

Very sincerely yours,



Grace Ryan  
Home Demonstration Agent

mw

5/26/45  
100 c.



COOPERATIVE EXTENSION WORK  
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June 5, 1945

Dear Club President:

Mrs. Lydia Ann Lynde, Extension Specialist in Parent Education, will work with Home Demonstration Agents in Arizona, in order that we may serve your groups effectively in this field. She will prepare material on the topics which would be most helpful to the members of your club.

Will you please examine the topics listed below and check the ones which you think would please the women in your area?

1. Mother-daughter problems
2. Mother- daughter-in-law problems
3. Mother- son-in-law problems
4. Grand parent problems in the home
5. Father-son problems
6. The "working mother" problems
7. The "working daughter" at home
8. Responsibility for caring for preschool child
9. Problem of use of joint bank accounts of working members of family

There may be many other problems to be discussed and solved. Feel free to mention them.

We are asked to indicate our needs by July 1. Can you let me know by then? I would appreciate your reply. Very often we, as Agents, are criticized because we do not indicate what women in the county want. We have to rely on chairmen to let us know.

Very sincerely yours,

*Grace Ryan*

Grace Ryan  
Home Demonstration Agent

GR:S  
12 c.

COOPERATIVE EXTENSION WORK  
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Schedule of Demonstrations and Leader Training for  
Maricopa Homemakers Clubs, 1945-46

Month	Demonstrations for Clubs	Leader Training	Special Interest Groups
September	Yard Improvement (Mr. Powers)	Foundation Patterns (Dryden or Agent)	None
October	Foundation Patterns for club	Second Lesson on Patterns (Dryden or Agent)	Demonstration on "Work Aprons" by Agent.
November	Some phase of Public Health Demonstration	Food Demonstration (Lincoln or Agent)	None
December	Food Lesson for Clubs Christmas Meeting	None	Agent will assist groups with Furniture Repair.
January	Yard Improvement (Mr. Powers)	None	Agent will handle any calls for dem. on con- struction children's Clothes.
February	Clubs continue work on Foundation Patterns	None	Agent will continue work on Children's Clothes.
March	Discussion of Home Freezing Units & Prep. Food for Freezing.	None	Specialist will give assistance with Egg Grad- ing for Special groups.
April	Pest Control Dem. for clubs (by Specialist)	None	Achievement Day Last Friday in April.
May			Food Preservation Dem.
June			"
July			"
August			"

Notice:

Clubs will please notify Miss Ryan at September meetings if small groups wish any of the topics in the "Special interest" column.

Also: Clubs should plan in February for pressure cooker testing for April. This is important because we begin canning earlier than other counties and should be ready.

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HOME DEMONSTRATION WORK  
COUNTY AGENT WORK

September 6, 1945

Dear Club Presidents:

Miss Dryden, Clothing Specialist, will meet all leaders who are interested in learning to cut and use a Foundation Dress Pattern about which I have already talked with you.

This meeting will be held at the Home Demonstration Office, 1201 W. Madison St. Phoenix from 10 A.M. to 3 P.M. on September 18. You may bring your own sandwich or make any luncheon arrangement you desire.

Enclosed is a special bulletin. Please bring this to the meeting with a column of your own measurements on page 11 filled in, plus the column on the right, marked "pattern measurements". On page 4 to 10 you will find pictures and directions to help you take these measurements. You will have a better set of measurements if someone assists you in taking them. Miss Dryden desires these two sets of measurements taken before the meeting, in order to speed up the work when you get here.

Also bring the following materials, but no cloth:

1. A simple shirt waist styled pattern.
2. A tape line, scissors, thimble, needle, pins, thread and pin cushion. If you have a ruler, please bring it, if not, we will try to supply them.

If you prefer, you may buy a Butterick Foundation Blouse and Skirt Pattern in your size, but the shirt waist dress has been suggested as serving as well.

Presidents are always welcome at meetings, even though they work through leaders. It still is thought not advisable to have these meetings open to all club members. Will you please see that your leaders get the information about the place, time, date and supplies for the meeting, in addition to the bulletin which is enclosed for their use.

Yours very truly,

*Grace Ryan*

Grace Ryan  
Home Demonstration Agent

GR:S  
Encl.  
8 c.

COOPERATIVE EXTENSION WORK  
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County Agent Work

October 6, 1945

DEAR CLUB MEMBER:

The annual "check up" of the work done by Homemakers Clubs is again due and again we are dependent upon your courtesy to provide us with the figures which represent the results of your work as a club member.

Will you jot down your figures in these columns and return to us by October 30, if possible. This gives us time to total the figures for use in a State and National report.

Each section represents work done at some place in the county. If your club did not have all projects, you need check only subjects on which you worked.

We hope everyone will give a report for food preservation, which goes on all year regardless of club demonstrations or projects.

Yours very truly,

*Grace Ryan*

Grace Ryan  
Home Demonstration Agent

GR:S  
115 c.

FOOD DEMONSTRATION

I used suggestions for preparing oranges at home. Yes.....No.....  
I used Soy Flour to save meat and fat at home. Yes.....No.....  
I cooked cabbage by the quick method. Yes.....No.....  
I used the improved method of scalding milk. Yes.....No.....

CLOTHING STORAGE

Number shoe racks made .....  
Clothes closets improved .....  
New closets built .....  
Sewing cabinets or boxes made .....  
Dresser drawers improved .....  
Hat stands made .....  
Portable clothes hangers made .....

HOME FURNISHING

Number of slip covers made .....  
Number of chairs repaired .....

SHIRT IRONING

Tried new shirt ironing .....  
Made new ironing board .....

CLOTHING MADE

Number of new garments made .....  
Number of garments remodeled .....  
Additional work done:

FOODS CANNED

Approximate quarts canned.  
1. Qts. of vegetables .....  
2. Qts. of fruit .....  
3. Qts. of meat & poultry .....

FOODS DEHYDRATED

Approximate pounds of food dehydrated.  
1. Lbs. of fruit. ....  
2. Lbs. of vegetables .....

FOODS FROZEN

Approximate amounts of food frozen.  
1. Qts. of vegetables .....  
2. Qts. of fruit .....  
3. Lbs. of meat .....  
4. Number of chickens .....

CANNING BUDGET

Did you try to can by a canning budget? .....

NEIGHBORS HELPED

During the year I helped neighbors (check where helped)  
1. With Food problems  
2. With Clothing problems  
3. With Ironing  
4. With Clothing Storage  
5. Canning or other Food Storage  
6. With Accident Prevention

Additional work done:

NAME.....  
DISTRICT.....  
ADDRESS.....

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March 30, 1945

Dear 4-H Clothing Club Leader:

Already Entries are coming into the 4-H Fair Office at Tempe - the County workers appreciate your promptness. Should you not, as yet, have decided on entries to be made, please keep in mind Thursday, April 5th is the dead line for entries at the Fair office.

On page 3 of the Fair book you noticed all clothing exhibits are to be judged prior to the Fair date. The date for official judging is Thursday April 12th at the Science Building A.S.T.C. campus; beginning at 10:00 A.M., therefore all articles must come in by Wednesday evening in order to be properly tagged before that hour.

If you will carefully follow the instructions below there should be no undue delays or difficulties in this large department.

1. Each leader enter her own exhibits and hold duplicate tags until after the 4-H Club parade on Saturday when dresses and aprons will be released for girls to wear in the Dress Revue set for 3:00 P.M.
2. If for any reason someone, other than yourself, should bring in exhibits - please be sure each article is marked with the name of the club member and club community or school, as Mary Brown-Pendergast Club. (This identification is to be removed when article is properly tagged.)
3. Group leaders should pick up all exhibits after Saturday program or assist members to do so, as Fair workers cannot be responsible for articles left beyond that date.

Your County workers are looking forward to a fine Fair. This is possible only because of full participation of the 4-H Club members and leaders throughout the county.

Be seeing you at the Fair.

Sincerely,

*Isabell Pace*

Isabell Pace

Assistant Home Demonstration Agent



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April 18, 1945.

Dear 4-H Club Leader and Principal:

Another fine 4-H County Fair has made history and we want to express our appreciation to all of you for your splendid support and cooperation. A report of the Fair results is enclosed. The winner of the sweepstakes award will be announced shortly. May we have your suggestions for next year's Fair program?

ACHIEVEMENT PROGRAMS are the next order of business. Please indicate below the date you would like to hold your 4-H Club Achievement Program. We must know this so that we may arrange a schedule for the county. Membership pins and certificates of achievement will be awarded to 4-H club members whose record books are completed and are handed in before the program. Special awards for Fair participation will also be made during the program.

IMPORTANT: Club members with more than one year of club work must bring their last year's certificate of achievement to their leader who will send it to this office where it will be brought up-to-date by the addition of this year's credit. Only beginners will get a brand new certificate.

Yours very truly,

*Isabell Pace*

*Paul W. Brown*

PWB:IP:W Isabell Pace  
Enc. Asst. Home Dem. Agent

Paul W. Brown  
Asst. County Agric. Agent

COOPERATIVE EXTENSION WORK  
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Mr. Brown:

We wish to have our 4-H Achievement Program at \_\_\_\_\_ o'clock  
on \_\_\_\_\_, 1945.

Remarks:

Leader \_\_\_\_\_

*Paul W. Brown*

Paul W. Brown, Asst. County Agric. Agent

*Isabell Pace*

Isabell Pace

Asst. Home Demonstration Agent

WINNERS, MARICOPA COUNTY 4-H CLUB FAIR  
April 13-14, 1945

JUDGING CONTEST

Name

Club

Clothing

Senior Team

Betty Ruth Sumners  
Hazel Zimmerman  
Barbara Austin

Scottsdale

Junior Team

Jean Tryon  
Margaret Jones  
Herlinda Olachea

Rural

High Individual

Senior

Betty Ruth Sumners

Scottsdale

Junior

Jean Cook

Madison

Foods

Senior Team

Mattie Whinery  
Frances Stokoe  
Barbara Peterson

Scottsdale

Junior Team

Bessie Lou Nelson  
Lois Vay  
Nancy Best

Balsz

High Individual

Senior

Mattie Whinery

Scottsdale

Junior

Bessie Lou Nelson

Balsz

DEMONSTRATION TEAMS

Senior Division

Virginia Cluff  
Mattie Whinery

Scottsdale

Junior Division

Ora Ollson  
LaNell Henry

Avondale

CLOTHING EXHIBIT

Senior Division

4th yr.

Virginia Cluff (Formal)

Scottsdale

5th yr.

Barbara Austin (Wool Best Dress)

Scottsdale

Six seniors competed - (All types costumes)

Dress Revue

No Dress Revue winner declared.

Junior Division

1st yr.

Marsha McElhannon

Arlington

2nd yr.

Joann Schmuck

Scottsdale Jr

4th yr.

Merle Hutchinson

Alhambra

FOODS FOR HEALTH EXHIBITS

1st place

Tempe Training

Tempe

2nd place

Palo Verde Club

Palo Verde

3rd place

Scottsdale Senior Club

Scottsdale

CANNING

Senior

Barbara Austin

Scottsdale

Junior

Margaret Coman

Rural

BEST RECORD BOOK

Senior

Barbara Austin

Scottsdale

Junior

Betty Joe Tompkins

Cartwright

BEST SECRETARY BOOK

Busy Bee 4-H Clothing Club

Rural

Margaret Jones

BEST POSTER

Liberty Bells 4-H Baking Club

Liberty

SPECIAL AWARDS (Parade)

Scottsdale

Alhambra

Avondale

COOPERATIVE EXTENSION WORK IN  
AGRICULTURE AND HOME ECONOMICS

Coopa County 4-H Club Fair  
11-13-14, 1945.

-2-

JUDGING

Clothing Teams

Senior

1st

<u>Name</u>	<u>Team</u>	<u>Team Score</u>	<u>School</u>
Betty Ruth Sumners	395		
Hazel Zimmerman	385		
Barbara Austin	369	1149	Scottsdale

2nd

Barbara Routt	354		
Marianne Helm	345		
Shirley Cherorente	318.5	1017.5	Scottsdale

Junior

1st

Jean Tryon	305.5		
Margaret Jones	301.5		
Herlinda Olachea	296.5	903.5	Rural

2nd

Jean Cook	319		
Doris Bohm	269.5		
Mary Jean Heard	276	864	Madison

3rd

Shirley Hardin	305.5		
Evelyn Thedford	251		
Polly Briones	215.5	772.0	Palo Verde

Foods Teams

Senior

1st

Mattie Whinery	438		
Frances Stokoe	431.5		
Barbara Peterson	382	1251.5	Scottsdale

Junior

1st

Bessie Lou Nelson	457.7		
Lois Vay	437		
Nancy Best	418.5	1313.2	Balsz

2nd

Dorothy Cantrell	432		
Eudora Griffeth	426		
Joan Roberds	387.5	1245.5	Kyrene

3rd

Evelyn Washam	414.8		
Rosalee McClellan	411.5		
Leone Shepherd	409.3	1235.6	Dysart

DEMONSTRATION TEAMS

Senior

1st

Virginia Cluff)	Dairy		
Mattie Whinery)	Foods	265	Scottsdale

Junior

1st

Ora Ollson			
LaNell Henry		279	Avondale

2nd

Coraetta Pierce			
Naty Rangel		274	Arlington

3rd

Ruth Kynast			
Gracie Barron		266	Palo Verde

HEALTH REPRESENTATIVES

Boy

Clifford Ashley  
Larry Coor

Mickey Guerero

James Frazier  
Wayne Pitrat

Ernest Silva  
Dicky Coutchie  
Philan Thedford  
Carl Weiler  
Benny Cooper  
Olbert Owen

Jamie Groover

Girl

Marian Schurter

Laura Urich  
LaJoyce Fowler  
Flavio Moyaoa  
Patsy Pena

Mary Hinojosa  
Rachel Tucker  
Betty Asher

Jean Allen  
Jane Haymore  
Evelyn Thedford  
Clythel White  
Shirley Adams  
Lucy Song

Joy Kiggins  
Bettie Mae Schackner  
Joanne Stahnke  
Celene Morrow

Club

Alhambra  
Avondale  
Balsz  
Dysart  
8th St.  
Gilbert  
Kyrene  
Laveen  
Lehi  
Madison  
Mesa  
Palo Verde  
Roosevelt  
Scottsdale  
Scottsdale Sr.  
Stevenson  
Tempe Rural  
Tempe Tr.  
Union



COOPERATIVE EXTENSION WORK IN  
AGRICULTURE AND HOME ECONOMICS

UNIVERSITY OF ARIZONA  
COLLEGE OF AGRICULTURE  
U. S. DEPARTMENT OF AGRICULTURE  
AND MARICOPA COUNTY COOPERATING

STATE OF ARIZONA  
P. O. BOX 751  
PHOENIX

AGRIC. EXTENSION SERV.  
HOME DEMONSTRATION WORK  
COUNTY AGENT WORK

Dear 4-H Club Leader:

We are pleased to announce a State 4-H Club Camp for boys and girls, to be held at Camp Geronimo near Payson for the period of July 25 to August 3, 1945. Your 4-H Club has some outstanding members who have completed their clubwork satisfactorily and who are eligible to attend the state camp. You are also invited and urged to attend. Club members must be 12 years or older.

Will you please send us a list of those members having your approval to attend camp. As soon as we receive this list we will mail each one an invitation and details concerning the camp. An envelope is inclosed which requires no postage if this sheet is returned.

Yours very truly,

*Isabell Pace*

ISABELL PACE  
Asst. Home Dem. Agent

*Paul W. Brown*

PAUL W. BROWN  
Asst. Co. Agric. Agt.

ip/pwb/mhw  
Inc.

---

I should like to participate as a leader at the  
4-H Camp. Yes \_\_\_\_\_ No \_\_\_\_\_

leader's signature \_\_\_\_\_

I suggest the following 4-H members be invited to  
attend the camp.

6/16/45  
50 cc.

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF ARIZONA  
P.O. BOX 751  
PHOENIX

University of Arizona  
College of Agriculture  
U. S. Department of Agriculture  
and Maricopa County Farm Bureau Cooperating

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

JULY 16, 1945.

Dear 4-H Camp Member:

WE'RE GLAD YOU ARE TO BE WITH US AT CAMP.

Read again your 4-H Summer Camp Letter--Things to look for.

Date July 25th to August 3rd inclusive.

Time Busses leave 6:00 o'clock A. M. from Scout Headquarters, 25 East Van Buren, Phoenix.

What to Bring With You (50 lbs. or less)

All Luggage Properly Tagged

1. Clothing: Three shirts, two pairs levis or trousers, change of underwear, extra socks, pajamas, bathing suit, sweater or heavy coat, extra shoes - one pair must be in good condition. Girls should bring slacks or levis. A dress may be brought for Sunday if desired (nothing fancy). All clothes should be adapted to camp life.
2. Bedding: Four heavy blankets or equivalent or sleeping bags.
3. Toilet Articles: Tooth brush, tooth paste, soap, two bath towels, comb, and mirror.
4. Tableware: Tin, aluminum, or enamel - one 10 inch plate, one deep sauce dish for desert, 2 cups, knife, fork, tablespoon, 2 teaspoons, 2 dish towels.
5. Ration Points: Two blue and two red stamps.
6. Miscellaneous: The following articles are desirable but not required: Bible, note book and pencil, needle, thread, pins and buttons, extra shoe strings, pocket knife, canteen, flashlight, fishing tackle, and short piece of rope.
7. Doctor's Approval properly signed by your family physician or by Doctor at Scout Headquarters, 25 East Van Buren, the evening of July 20th (only date you may get this check-up). No charge.
8. The amount of money you need to complete the \$16.25, cost of camp. If you paid \$5.00 registration fee, \$11.25 is the amount.
9. Each member is responsible at all times for his own equipment. Make a list and keep it. Mark your things.

Busses will return to 25 E. Van Buren, Aug. 3rd, between 3 and 5 P.M.  
Parents to pick you up there.

*Paul W Brown*  
Paul W. Brown, Ass't Agent

*Isabell Pace*  
Isabell Pace, Asst. Home Dem. Agt.

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF ARIZONA

UNIVERSITY OF ARIZONA  
COLLEGE OF AGRICULTURE

U. S. DEPARTMENT OF AGRICULTURE  
AND MARICOPA COUNTY COOPERATING

P. O. BOX 751  
PHOENIX

AGRICULTURAL EXTENSION SERVICE  
HOME DEMONSTRATION WORK  
COUNTY AGENT WORK

MARICOPA COUNTY 4-H'ERS TAKE NOTICE!!!

1. You must have doctor's approval ~~slip~~ duly signed ... preferably between July 20th and July 24th.
  2. Your family physician may make the health check or you may have such check the evening of July 20th, 7:00 P.M., at the Boy Scout Headquarters at 25 East Van Buren, Phoenix.
  3. Registered members will assemble at the above address early Wednesday morning ... Busses leave at 6:00 A.M.
- "DON'T MISS THE BUS"
4. Luggage must be tagged.
  5. No firearms may go to camp.
  6. Parents are to pick 4-H'ers up at 25 East Van Buren between 3:00 and 5:00 P.M., August 3rd.
  7. Address all inquiries to Paul Brown or Isabell Pace, 1201 West Madison, Phoenix. Phone: 4-2133.

*Paul W. Brown*

PAUL W. BROWN  
Asst. County Agricultural Agent

*Isabell Pace*

ISABELL PACE  
Asst. Home Dem. Agent



COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF ARIZONA

P. O. Box 751  
Phoenix

University of Arizona  
College of Agriculture  
U. S. Department of Agriculture and  
Maricopa County Farm Bureau Cooperating

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

November 24, 1945

Dear 4-H Club Leader:

Another 4-H Club year is underway. The Home Demonstration Office extends its wishes for your success in any club projects undertaken. In order to do a good piece of work may we take this opportunity to remind former leaders, and to acquaint new leaders, with a few general county and state policies.

1. Previously enrolled members who did not complete their projects may not re-enroll in a new project until they have satisfactorily completed the previous project. In cases of illness or other legitimate reasons which are acceptable to the club office, an extension of time may be allowed.
2. If you need help in checking enrollments for individuals who have been "in-completes", please call the office, 4-2133, or write the agent in charge at 1201 W. Madison, Phoenix.
3. Boys and girls enrolling for the first time should preferably enroll in one project only. If they have successfully completed one project, they may enroll in two the second year or on completion of the first if time permits and the leader or leaders consider it advisable. This is your and our protection against over-loading the members with extra-curricular activities.
4. The following definitions about enrollments have been given by the State Office, in order to keep our records straight.

A "drop" is an individual who decides, after a trial, to give up the project before he has finished any part of the work. These, if properly reported, do not count against the enrollment record of the club. Your club secretary can do this.

An "incomplete" is one who has finished a part of the project but does not finish all the required work, which may be the record of work done.

Any individuals who move away from the community during the club year may be so designated, and do not count against the percentages of completions of the club if properly reported to the county office. However, it is more desirable to enroll only those who plan to stay in the community.

5. In order to meet the requirements of a "Standard Club", at least 80% of the members must complete the work and hand in their reports. (See page 6 of Leaders' Manual.) Let us aim to have every club finish as a "Standard Club".

6. Conversant with existing policy, and based upon previous Home Economics experience of the club member, a girl may be enrolled in advanced work. This makes for greater interest and should be carefully considered when enrolling a group of girls. We will be glad to confer with leaders relative to this ruling.
7. The State Office requires that all enrollments be in on a certain date. In order to meet this requirement your final enrollment must be in the county office not later than December 1st, 1945. If you have not already received enrollment blanks, please let us know and they will be mailed to you immediately.
8. Maricopa County is proud of its 4-H Club achievements in the past and looks forward to "Making the Best Better" this season. It is not too early to start training for judging and demonstrations, and we urge you to give these phases of clubwork special attention. The office is ready to assist you.
9. Judging is an important phase of club training. Such training is most effective when stressed at every opportunity - as when finishing garments, at the close of a food preparation lesson, or when a meal is planned and served. Your county workers will be glad to assist with any club work. Please feel free to request help needed.

Would you favor a leaders' meeting, perhaps at the County Office building, where 4-H problems could be considered and leaders might exchange ideas? Please indicate your wishes in this matter at an early date.

Yours for a good 4-H Club year,

*Isabell Pace*

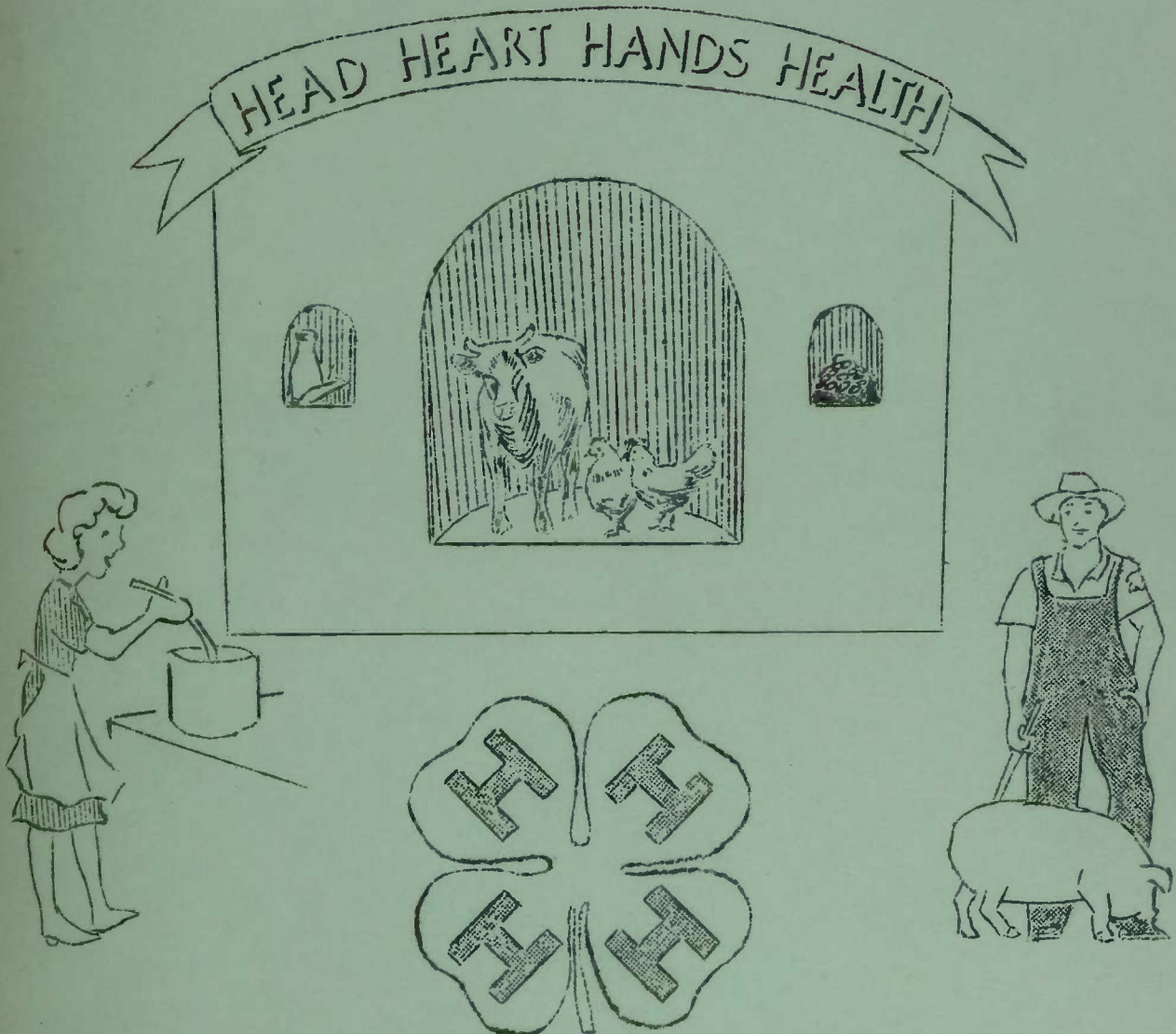
Isabell Pace  
Ass't. Home Demonstration Agent  
in charge of Home Economics Club Work

IP:HA

11/24/45 50c.

NINETEENTH ANNUAL 4-H CLUB FAIR

# 4H VICTORY ACHIEVEMENT PREMIUM LIST



MARICOPA COUNTY BOYS' & GIRLS' 4-H FAIR  
April 13 & 14, 1945  
ARIZONA STATE TEACHERS COLLEGE CAMPUS  
TEMPE, ARIZONA

Held under the direction of the Agricultural Extension Service of the University of Arizona, in cooperation with the Arizona State Teachers College and the Maricopa County Farm Bureau.



ARIZONA STATE TEACHERS COLLEGE

TEMPE, ARIZONA

March 10, 1945

Mr. Paul W. Brown  
Asst. County Agricultural Agent  
In Charge of Boys' & Girls' 4-H Club Work  
Phoenix, Arizona

Dear Mr. Brown:

Again we are glad to welcome the 4-H Fair to the campus of the Arizona State Teachers College. The work of the 4-H Clubs represents four of the basic factors in the life of the nation.

Clear heads, balanced and unprejudiced thinking are always necessary in finding the best and most permanent solution to any problem. In these unusual times this is supremely important.

A philosopher once said the most valuable thing in the world is "the good heart." When we think about it we probably will approve this statement. "The good heart" includes our attitudes, feelings and purposes. We are witnessing what misery and destruction can be caused by individuals who do not have "the good heart."

This is the day of production. We have seen miracles of production take place on the farm and in the factory. The products of the skilled hand are essential to survival and are being used to save civilization as well as to destroy it, according to the kind of heart back of their use. The thoughts of the mind and the feelings of the heart require the hand to give them definite form, whether it be in agriculture or construction work, or art or music.

The clear, wholesome mind, "the good heart" and the busy hand all help to produce good health. In turn, good health is necessary to the full use of one's abilities.

It is difficult to single out one of these factors and say it's more important than the others. All are tied together and together they make up the fine, well-balanced and effective individual.

The poet and philosopher expressed the idea when he made a wish for:

"A mind unafraid to travel even though the trail be not blazed;  
An understanding heart.  
A sight of the eternal hills and unresting sea and of something  
beautiful the hand of man has made;  
A sense of humor and the power to laugh."

The 4-H Fair is the place we bring together and exhibit the products of head, heart, hand and health. It is serious and worthwhile business, but also a very happy occasion.

Let us all join in making this year's Fair a big and successful affair.

Sincerely yours,

Grady Gammage  
President

GG:emw

## BASIS FOR DETERMINING 4-H SWEEPSTAKES AWARD

A Trophy Cup is given each year for Fair participation and must be won three consecutive years to be retained. Equal opportunity is given all clubs regardless of size. All 4-H Club leaders from a community or school should jointly fill out this report immediately after the Fair and send it to the County Agent's Office, 1201 West Madison St, by April 13th. Report forms will be provided.

### A. ATTENDANCE AT FAIR:

Full attendance for each day of the Fair rates your Club 100 points for each day. Any percent of attendance will give your Club that number of points.

### B. EXHIBITS AT THE FAIR:

1. Exhibits made are credited on basis of relation to total enrollment of club. Example:: A club of 12 members displays 9 exhibits and gets 75 points.
2. Three points are allowed for each first place ribbon
3. Two for second place ribbon
4. One for each third place ribbon on exhibits

### C. CONTESTS ENTERED:

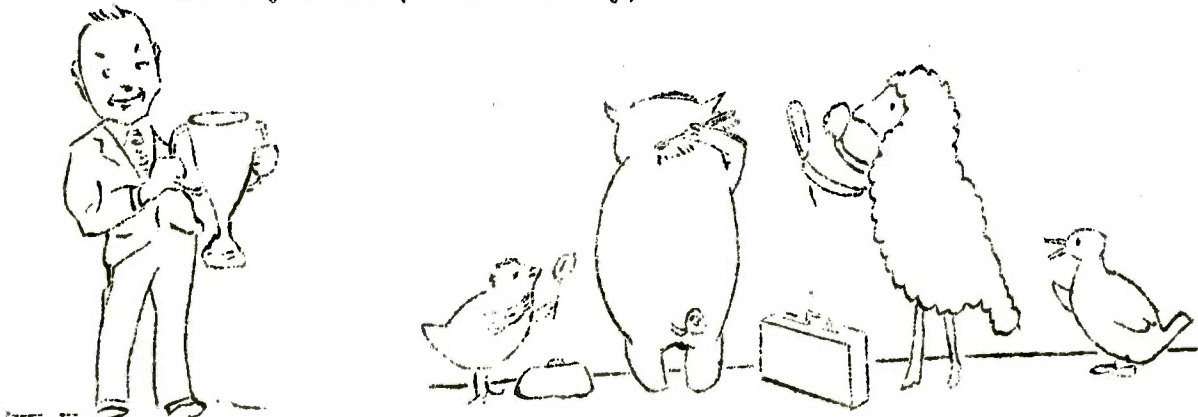
Five points are allowed for each contest participated in:

1. Demonstration Team
2. Judging
3. Showmanship
4. Dress Revue
5. Health Champion Representatives
6. Percentage of enrolled members in 4-H Parade (Evaluated as in A)

### D. SPECIAL HONORS WON:

Three points for each first place; 2 for second; 1 for third:

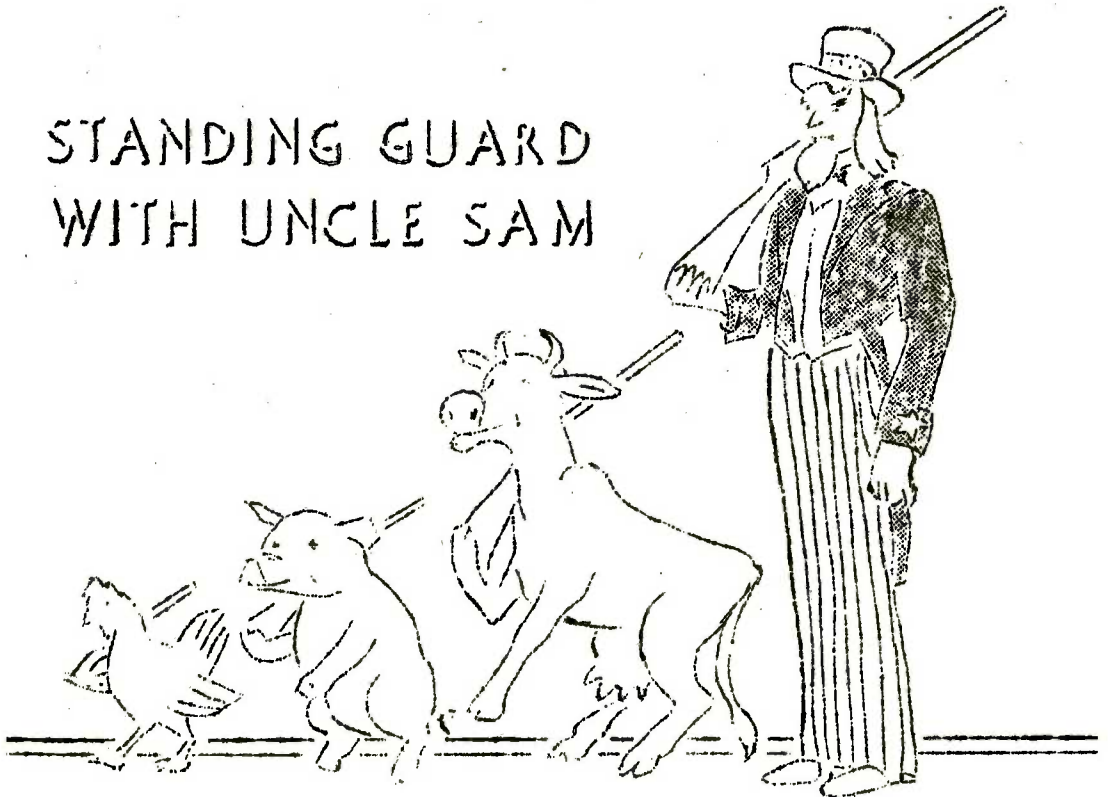
1. Demonstration Teams
2. Judging Teams or High Individuals
3. Victory Parade
4. Dress Revue Winner
5. Any Other (describe fully)



4-H  
SEVEN POINT VICTORY PROGRAM

1. Help to interpret the National Victory Program to the Community.
2. Produce and conserve needed food supplies for home and abroad.
3. Save for Victory.
4. Develop our health and that of the community.
5. Acquire useful technical and mechanical skills to meet war time needs.
6. Practice democratic procedures and learn to appreciate better our democratic way of life.
7. Organize 4-H Discussions regarding some of the important social and economic forces now at work.

STANDING GUARD  
WITH UNCLE SAM





## SCHEDULE OF EVENTS

19TH ANNUAL 4-H CLUB FAIR -- TEMPE

March 20, 1945

Final enrollment due in 4-H office for eligibility

March 31, 1945

Each community selects the healthiest 4-H Club boy and girl and sends names to 4-H Office, 1201 West Madison, Phoenix

April 5, 1945

Record books, selected for contest, due in County 4-H  
Office, 1201 West Madison, Phoenix

OFFICIAL ENTRIES for Fair exhibits due in Fair Office at Tempe on Friday,  
March 30, 1945.

~~SECRET~~  
Deadline for above, Thursday, April 5, at 5:00 P.M.

\* \* \* \* \*

April 13, 1945

All exhibits must be at A.S.T.C. before 9:30 A.M. in order to be judged. (May come in Wednesday or Thursday--3:00 P.M. to 10:00 P.M.)

10:00 A.M.-----Judging of above exhibits--except clothing, which is  
to be judged prior to Fair date

1:00 P.M.-----Showmanship contest for halter classes

2:00 P.M.-----Judging contests--all types

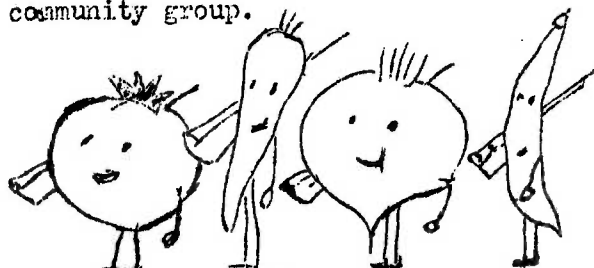
Home Economics judging in Liberal Arts Bldg.; open to all foods and clothing members

A. Livestock Judging Contest--on Campus  
 1 ring Holstein cattle (written reasons)  
 1 ring Jersey cattle  
 1 ring hogs (breeding gilts)

B. Poultry Judging Contest  
 1 pen white leghorns (written reasons)  
 1 pen white leghorns (breed type)  
 1 pen reds (production class)

### C. Vegetable Judging--Beets, Carrots, Head Lettuce

8:00 P.M.-----Camp for 4-H Boys and 4-H Girls opens at 8:00 P.M.,  
chaperonage required by leaders or parents for each  
community group. 11



April 14, 1945

9:00 A.M.-----All demonstration team contests; Home Economics--Tr.  
Sch. Auditorium; all others--Science Building.

12:00 Noon-----Picnic

Farmers, visitors and 4-H'ers "Get-together"  
(Because of war conditions and food rationing, each  
person or family group will provide own lunch.)

1:30 P.M.-----FARMERS' DAY PROGRAM

4-H VICTORY PARADE

Clubs in the 4-H Parade will be judged and awards  
given based on attendance, marching, banners and  
original ideas.

COMMUNITY SINGING

ADDRESS OF WELCOME - Dr. Gammage

RESPONSE in behalf of University Extension Service

RESPONSE - Hollis B. Gray, President, Maricopa County  
Farm Bureau.

3:00 P.M.-----Dress Revue

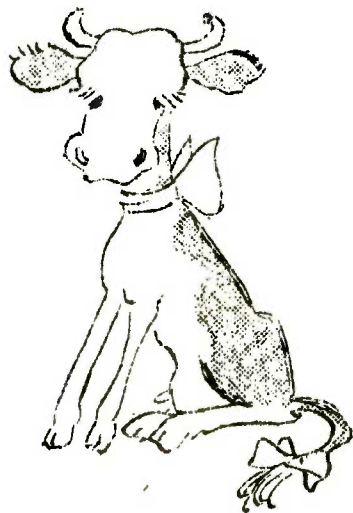
3:50 P.M.-----Awards

Health Champions  
Demonstration Teams  
Judging Teams  
High Individuals  
Other Medal Winners  
Special Awards

MARICOPA COUNTY 4-H FAIR COMMISSION

Mr. Hollis B. Gray  
Mr. Dale C. Biggins  
Mr. Louis F. Joslin  
Mrs. A. W. Austin  
Mrs. Alico Ramsey  
Miss Grace Ryan  
Mrs. Isabell Pace  
Mr. Paul W. Brown  
Mr. F. E. Ostrander

President Farm Bureau  
Mesa  
Palo Verde  
Scottsdale  
Kyrene  
Home Demonstration Agent  
Asst. Home Dem. Agent  
Asst. County Agric. Agent  
A.S.T.C.



## ELIGIBILITY

Only a 4-H member in good standing whose record book is complete to date (April 1) and whose enrollment was in the county 4-H office not later than March 20, 1945, may compete in this fair.

## GENERAL RULES AND REGULATIONS

Competition may exist between two members of one club or between two entries of the same member. However, where there is no competition, judges may award one ribbon or no ribbon according to merit.

First, second, and third place ribbons will be awarded according to merit.

No change in schedule will be made to accomodate members who wish to enter more than one contest.

All clipping and preparation of exhibits for competition must be complete before the exhibit is checked in at the Fair Ground. Hand clippers will be permissible for last minute check-up.

No leader or parent will be allowed to assist the club members in any way after the exhibit reaches the Fair Ground.

All rules not specifically stated in this prospectus will be settled by the 4-H Fair Commission. This Commission meets at 5:00 P.M., Friday, April 13, Tempe.

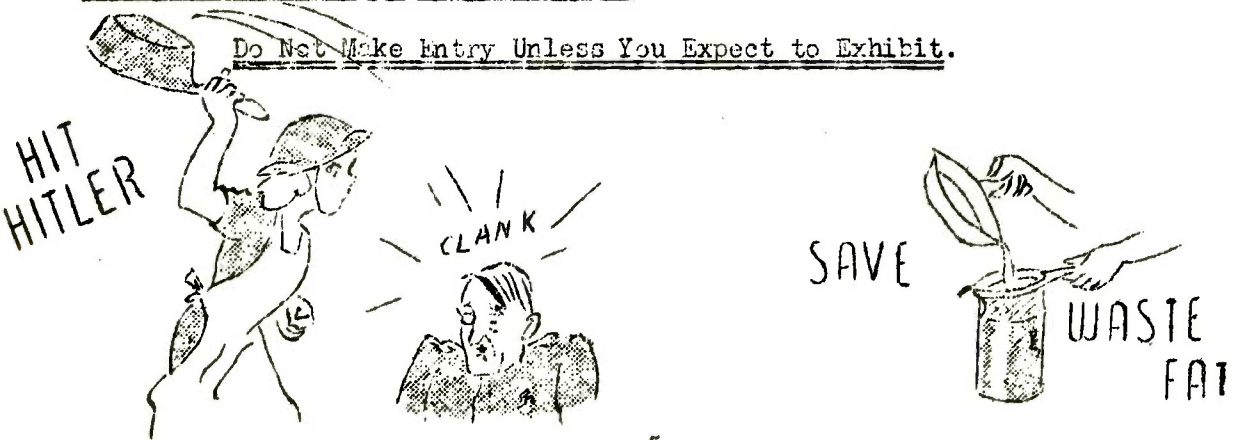
## ENTRY REQUIREMENTS

Fill out entry blanks in duplicate for all exhibits and demonstration team contests. Entries not required for Judging Contest.

Entries must be fully made out on the regulation forms, which will be furnished to leaders, and are due in the hands of the 4-H Fair Superintendent at 8:00 P.M., Friday, March 30, 1945. Deadline on entries--Thursday, April 5 at 8:00 P.M. Mail all entries for contests and exhibits to the 4-H Fair Superintendent, c/o Arizona State Teachers College, Tempe, Arizona. Postage will be necessary for mailing your entries.

Do not list on one entry blank entries for more than one department or for more than one individual.

Do Not Make Entry Unless You Expect to Exhibit.





## EXHIBITORS

Exhibitors must see that their exhibits are tagged by the clerks and that they receive claim checks before leaving. In fairness to the exhibitor and to the judge, all personal identification must be removed before leaving.

A camp for 4-H boys and girls will be open Thursday and Friday nights at 8:00 P.M. and close Saturday A.M. Reservation should be made a few days in advance at Tempe Fair Office; members bring own cots and bedding; groups must be adequately chaperoned by leaders or parents.

## EXHIBITS

Records and secretary books will be selected and exhibited by the County 4-H Office. Send them directly to 1201 W. Madison, Phoenix. Do not make entry blanks for them.

Details of arrangement for exhibits will be handled by Department Superintendents and Assistants.

No exhibits may be removed until 4:00 P.M., Saturday except for girls who participate in Dress Revue. In order to avoid loss, exhibitors or leaders will be expected to pick up exhibits for their club.

Exhibits must be claimed by presenting stub of tag which is exhibitor's receipt. Fair Board not responsible for exhibits after 5:00 P.M. Saturday April 14th.

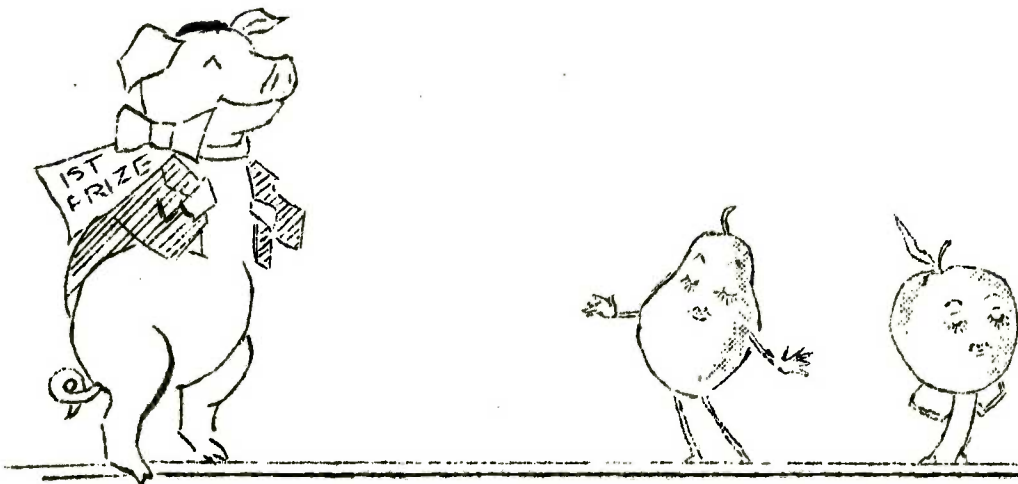
For the Home Economics Department, the number of lots will be limited to three in each class where the total county enrollment in that class falls below the enrollment for a standard club (5 members)

Club members may exhibit only in the recognized project in which they are enrolled during the current year, such as rabbit, calf, or clothing.

A total exhibit in any class shall consist of all the lots therein.

Total exhibit prizes will be determined mathematically. Do not enter total exhibits separately.

Every effort will be made to protect and care for entries but in no case will the Commission or any Fair Official be responsible for any damage or loss which may occur. Entries are made and accepted on this condition.



## DEMONSTRATIONS

Saturday, beginning at 9:00 A.M., the County Demonstration Contests will begin and continue until the winning teams have been determined. All club members in good standing are eligible to compete on a club demonstration team with the following exceptions: Members of County Championship teams must present different demonstrations from the ones previously given. Members of the State Championship teams must present demonstration material in another division, i.e., if they are on a poultry demonstration team one time, they may be on a dairy demonstration team the next time, etc. All material used during a demonstration must be arranged for by the team or its leader. Subject matter used in the demonstration must pertain to the project in which the club members are enrolled. The demonstration contest may be seen by anyone, team members included. A maximum of twenty minutes will be allowed for each demonstration. A warning signal will be given five minutes before the limit.

Each standard club or mixed 4-H club may present a demonstration. Mixed clubs may present no more than one demonstration for each five members. Dairy club members may demonstrate in either dairy production or dairy foods. Members enrolled in Foods Projects may enter the Dairy Foods Demonstration.

Preliminary contests may be required subject to the wishes of the 4-H Fair Commission.

Teams must handle their equipment without assistance from their leaders from the time they enter the demonstration room. Any assistance necessary must be obtained through the chairman of the judging committee.

### DEMONSTRATION CLASSIFICATION - JUNIOR & SENIOR

- Class 1 - Clothing and Related Subjects
- Class 2 - Baking, Canning, Food Preparation, Meal Service and Related Subjects
- Class 3 - Dairy Food
- Class 4 - Crops
- Class 5 - Livestock (other than Dairy)
- Class 6 - Dairy Production
- Class 7 - Rural Electrification
- Class 8 - Miscellaneous

All demonstration teams will give their demonstrations and be judged separately, according to the following classification: Agriculture, Livestock, Foods (including Baking, Canning, Meal Planning, Dairy Foods, Clothing and related subjects). First, second and third place winners will be named in each division.

The age for the Junior Division (10-13) and the Senior Division (14-20) will be the age of the contestant.

However, those contestants who are on the border-line between the two age divisions, may compete in that division in which they did the bulk of their work during the current year. That is, if a contestant is in the 8th grade and becomes 14 during the last spring months, they may enter and compete in the Junior Division. If a contestant is 14 near the beginning of the school year, it will be necessary to enter in the Senior Division.

## JUDGING CONTESTS

Agricultural Judging Contest, Friday, April 13, beginning at 2:00 P.M.

Home Economics Judging Contest, Friday, April 13, 2:00 P.M.

All club members in good standing are eligible to judge.

### GENERAL CONTEST RULES

1. The judging contest is open to all boys and girls in the 4-H Clubs of Maricopa County. Contestants will be grouped as follows: First and second place awards will be given to highest individuals in the junior and senior divisions in each contest. Awards will be given clubs based on the total score of their three highest individuals in the contest.
2. Any contestant found guilty of any unfairness shall be disqualified during the contest and barred from judging. There will be no talking during the contest.
3. Notes may be taken while judging the various classes to aid the contestants in remembering their reasons for placing.
4. Contestants will be graded as follows: Placing, 100 points; reasons, 100 points.
5. Fifteen minutes will be given to place each class, and write reasons.
6. These General Rules apply to both the Agriculture and Home Economics Judging contests.

### AGRICULTURAL JUDGING CONTEST RULES

1. The Senior group and Junior group will judge 3 rings of vegetables, 2 rings dairy cattle, 1 ring of hogs, 3 pens of poultry.

### HOME ECONOMICS JUDGING CONTEST RULES

Eligibility of girls for Home Economics Judging Contests conforms to the General Rules for Judging contests. The contestants shall be bound by these rules with the following additions:

1. A girl shall enter only the judging contest in which she was enrolled for project work during the present club year.
2. Contestants may be asked for written or oral reasons at the pleasure of the judges. Specific instructions to be given at time of contest.
3. Senior and Junior Foods Division contestants will judge the following articles:
  - a. Four plates muffins
  - b. Four plates biscuits
  - c. Four butter cakes
  - d. Oral and written reasons may be required
  - e. Measurement of common ingredients
  - f. Table Setting
  - g. Menu Judging
4. Senior and Junior Clothing Division Contestants will judge the following articles: (a) Fringed articles; (b) Hemmed articles; (c) Dresses. Written reasons may be required for either group.



## SENIOR DRESS REVUE

The time for judging the individual entries in the Senior Dress Revue will be announced later. Ribbons will not be awarded, and placings will be subject to change in order to include any summer Dress Revue entrants. Final county placings will be determined prior to Club Week.

## JUNIOR DRESS REVUE

A Junior Dress Revue will be held on Sat. , April 14. Any bona fide member of first, second, third and fourth year Clothing club who has made and who exhibited a dress at the 4-H Fair will be eligible for entry. Leaders will send the names of those entering this event to the County 4-H Office by April 5.

Judging of clothing will be done before Fair date. . Championship Ribbons will be given best total exhibit for each year.

CLASS NO.      LOT NO.      DEPARTMENT "H.E." HOME ECONOMICS

### JUNIOR DIVISION

#### I      FIRST YEAR CLOTHING--Junior Division (10 Yrs to 14 Yrs)

1. Fringed Article
2. Hemmed Article
3. Apron
4. Cotton Dress
5. Elective

#### II      SECOND YEAR CLOTHING--Junior Division

1. One slip
2. Laundry, Garment Bag
3. Shoe Bag
4. Cotton or Linen School Dress--set-in sleeves
5. Elective

#### III      THIRD YEAR CLOTHING--Junior Division

1. Child's Sun or Play Suit
2. Dress--Sport type in silk, or cotton (afternoon)  
rayon (afternoon)
3. Made over Garment
4. Elective

#### IV      FOURTH YEAR CLOTHING--Junior Division

1. Child's outfit--one undergarment & dress, or suit
2. Wool or rayon dress, or skirt and blouse
3. Made over Garment
4. Elective



V      FIFTH YEAR CLOTHING--Junior Division

1. Slip
2. Dress
3. Made over garment
4. Elective

VI      FIRST YEAR CLOTHING--Senior Division (14 Yrs. to 21 Yrs.)

1. Hemmed article--scarf, towel
2. Fringed article
3. Apron
4. Cotton dress
5. Elective

VII      SECOND YEAR CLOTHING--Senior Division

1. One slip
2. Laundry, garment bag
3. Shoe bag
4. Cotton or linen school dress--set-in sleeves
5. Elective

VIII      THIRD YEAR CLOTHING--Senior Division

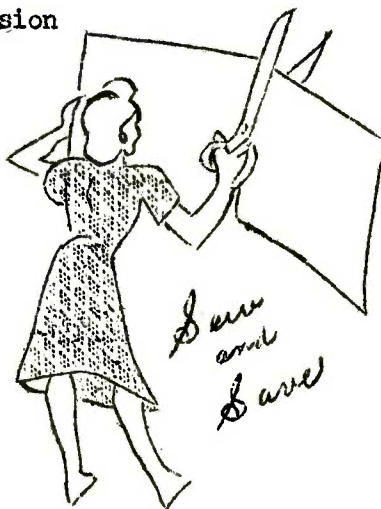
1. Child's sun or play suit
2. Dress--sport type in silk or rayon, or cotton afternoon
3. Made over garment
4. Elective

IX      FOURTH YEAR CLOTHING--Senior Division

1. Wool or rayon dress or skirt & tailored blouse
2. Child's outfit--one undergarment & dress or suit
3. Made over garment
4. Elective

X      FIFTH YEAR CLOTHING--Senior Division

1. Dress
2. Slip
3. Accessories
4. Made over garment
5. Elective



XI      DRESS REVUE

1. Senior Dress Revue may include
  - a. Wash dress or suit (school or sport)
  - b. Wool dress, suit or ensemble (school, sport, or street wear)
  - c. Best dress or ensemble including dress & slip
  - d. Informal party dress (floor length)
  - e. Work garment--designed for farm & industrial use.

Any Senior or Junior girl exhibiting in the Fair may participate in the Saturday Dress Revue.

FOOD PRESERVATION

XII      First Year Canning--

1. 3 jars fruit--1 each of 3 varieties
2. Single jar fruit
3. 3 jars tomatoes
4. Single jar tomatoes



XIII      Second Year Canning--

1. 4 jars fruit--1 each of 4 varieties (may include tomatoes)
2. Single jar vegetables--not tomatoes

XIV      Third Year Canning--

1. Exhibit 6 jars fruit--three varieties
2. 1 tomato, 1 tomato juice, 1 fruit juice

XV      HOME ECONOMICS DIVISION - FOODS EXHIBITS AND POSTERS

War conditions have greatly increased the need for foods. To meet this increase and to give every person a fair share, many foods have been rationed. It would be unwise and even unpatriotic to waste food; hence, food clubs, meal planning and baking groups will, as a group prepare and exhibit non-perishable foods only. Raw natural foods, cut outs or food models may be used. The following is an outlined plan. Full cooperation is urged.

THEME FOR EXHIBITS - FOOD FOR HEALTH THE 4-H WAY

Each club exhibit to have one poster, size 28" x 22" (others as desired). Table space will be provided approximately 30" in width for each display.

Suggestions for Posters:

1. Better Health for Victory and Peace
2. Build Stronger Citizens with Healthful Foods
3. Eat These Foods Daily
4. We Planted Our Way to Health, Victory Garden Emphasis
5. We Include Foods from Our Victory Gardens
6. Eating for Health
7. Meals the 4-H Way
8. Others of your own choice



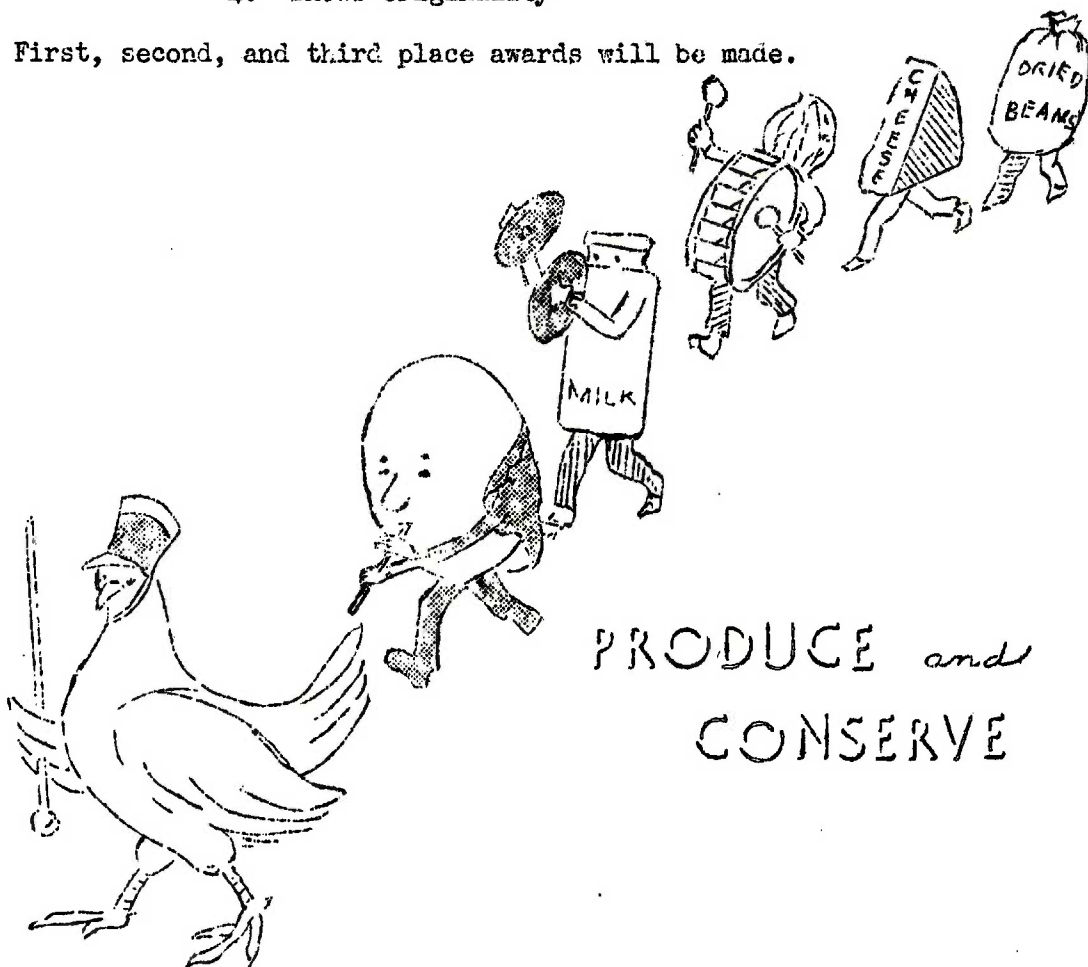
### Suggestions for Displays

1. Groups of food needed each day, e.g., milk, vegetables, fruit, cereals, fats, eggs & meat.
2. Amount of each needed each day by a 4-H girl.
  - 1 qt. of milk
  - 2 servings of green, leafy, or yellow vegetables
  - 1 or more servings of potatoes
  - 1 serving of citrus fruit or tomatoes
  - 1 serving of fresh or dried fruits
  - 1 egg
  - 1 serving of meat or cheese or beans
  - 3 pats of butter or enriched margarine
  - 1 serving whole grain cereal
  - Bread three times a day

Total Exhibits will be judged on the following: (also individual poster)

1. General Appearance -- Neatness, attractiveness, not crowded, general appeal, good color effect
2. Expresses the theme
3. Holds interest
4. Shows originality

First, second, and third place awards will be made.



## HANDICRAFT DEPARTMENT - JUNIOR & SENIOR

All Handicraft exhibits must be on display Friday, April 13, by 9:30 A.M. Judging starts at 10:00 A.M., Friday, April 13.

Classes will be made to fit entries in this division. For example, tie racks, tables, camp stools, milk stools, book case, book ends, picture frames, tool boxes, tin ware, marble work, leather work, copper work, costume jewelry, stuffed dolls, toys, model aircraft, etc.

<u>CLASS NO.</u>	<u>LOT NO.</u>	<u>DEPARTMENT</u>
I	(a) Woodcraft	4-H Handicraft
II	(b) Leathercraft	4-H Handicraft
III	(c) Metalcraft	4-H Handicraft
IV	(d) Miscellaneous	4-H Handicraft
V	Needlecraft:	
	Lot 1 - Embroidery	
	Lot 2 - Knitted Articles	
	Lot 3 - Crocheted Articles	
	Lot 4 - Clothing Ensemble	
	Skirts with matching accessories	

## MISCELLANEOUS DEPARTMENT "M" (RECORDS, SECRETARY BOOKS, ETC.)

Please Note! Do not enter records or secretary books directly through the Fair Office. The County Office will select from entries all exhibits in this Department. (Leaders may indicate which records and secretary books they wish to enter.) These are due in the Club Office, 1201 W. Madison St, Phoenix, April 5.

### 4-H MEMBERS' PROJECT RECORD BOOKS, AND SECRETARYS BOOKS

- |                     |                         |
|---------------------|-------------------------|
| 1. Dairy            | 9. Rabbits              |
| 2. Beef             | 10. Clothing            |
| 3. Swine            | 11. Meal Planning       |
| 4. Sheep            | 12. Baking              |
| 5. Poultry          | 13. Canning             |
| 6. Vegetable Garden | 14. Secretarys Books    |
| 7. Flower Garden    | 15. Project Scrap Books |
| 8. Handicraft       | 16. Home & Farm Safety  |

## POSTERS

## HOME AND FARM ACCIDENT PREVENTION

Open to All 4-H Club Members

Posters may be original drawings - cutouts or paintings, on stiff cardboard size 22" x 28".

"FOOD WILL WIN THE WAR AND WRITE THE PEACE" - Claude R. Wickard

LIVESTOCK DEPARTMENT

Livestock will be received Thursday night until 9:00 P.M. or between 7:00 A.M. and 9:30 A.M. Friday. Judging begins at 10:00 A.M. Friday April 13.

Club members must feed, water and care for their own dairy and beef animals.

Feed for livestock must be furnished by the club member showing

Club members must show their own animals unless they have more than one entered in a class. In this case, they may use other club members to show additional animals. Animals must be shown with a halter.

All calves must have a halter with a rope at least five feet long.

All clipping must have been done before reaching the Show. (Hand clippers may be used for last minute check-up.)

Cattle exhibits will be judged according to the breed score card (except for disqualifications in the case of grades.)

Club members must own animals shown, and all registered stock must be registered in the member's name thirty days (30 days) prior to show. Registration and transfer numbers must appear on entry blanks and all registration papers must be at hand at the time of judging. Provision will be made for checking these papers with the Superintendent of the Department.

Parents and leaders will not be allowed to assist in any way with animals after they reach the Fair Grounds (Your cooperation appreciated.)

The breed associations usually offer suitable prizes for winners in the various breeds of dairy cattle.

The class of grade cattle is determined by the sire. That is, a cross between a Jersey and Guernsey would be a grade Jersey only if the sire is Jersey.

CLASS NO.    LOT NO.

DEPARTMENT "D" DAIRY

1.    REGISTERED JERSEY

1. Registered bull born after July 1, 1943.
2. Cow, 3 yrs. and over, born before January 1, 1942.
3. Cow, 2 yrs. and under 3 yrs, born Jan. 1, 1942 to Dec. 31, 1942.
4. Senior yearling heifer, born Jan. 1, 1943 to June 30, 1943.
5. Junior yearling heifer, born July 1, 1943 to Dec. 31, 1943.
6. Senior heifer calf, born Jan. 1, 1944 to June 30, 1944.
7. Jr. heifer calf, born after July 1, 1944.
8. Champion registered female, (first place winners from lots 2,3, 4, 5, 6 and 7.)



## II.    GRADE JERSEY

1. Cow, 3 yrs and over, born before Jan. 1, 1942
2. Cow, 2 yrs. and under 3 yrs., born Jan. 1, 1942 to Dec. 31, 1942
3. Senior yearling heifer, born Jan. 1, 1943 to June 30, 1943
4. Junior yearling heifer, born July 1, 1943 to Dec. 31, 1943
5. Senior heifer calf, born Jan. 1, 1944 to June 30, 1944
6. Junior heifer calf, born after July 1, 1944

## III.   REGISTERED HOLSTEIN

1. Registered bull born after July 1, 1943
2. Cow, 3 yrs. and over, born before Jan. 1, 1942
3. Cow, 2 yrs. and under 3 yrs., born Jan. 1, 1942 to Dec. 31, 1942
4. Senior yearling heifer, born Jan. 1, 1943 to June 30, 1943
5. Junior yearling heifer, born July 1, 1943 to Dec. 31, 1943
6. Senior heifer calf, born Jan. 1, 1944 to June 30, 1944
7. Junior heifer calf, born after July 1, 1944
8. Champion registered female, (first place winners from Lots 2, 3, 4, 5, 6 and 7.)

## IV.    GRADE HOLSTEIN

1. Cow, 3 yrs. and over, born before Jan. 1, 1942
2. Cow, 2 yrs. and under 3 yrs., born Jan. 1, 1942 to Dec. 31, 1942
3. Senior yearling heifer, born Jan. 1, 1943 to June 30, 1943
4. Junior yearling heifer, born July 1, 1943 to Dec. 31, 1943
5. Senior heifer calf, born Jan. 1, 1944 to June 30, 1944
6. Junior heifer calf, born after July 1, 1944

## V.    REGISTERED GUERNSEY

1. Registered bull born after July 1, 1943
2. Cow, 3 yrs. and over, born before Jan. 1, 1942
3. Cow, 2 yrs. and under 3 yrs., born Jan. 1, 1942 to Dec. 31, 1942
4. Senior yearling heifer, born Jan. 1, 1943 to June 30, 1943
5. Junior yearling heifer, born July 1, 1943 to Dec. 31, 1943

## V. REGISTERED GUERNSEY (Continued).

6. Senior heifer calf, born Jan. 1, 1944 to June 30, 1944
7. Junior heifer calf, born after July 1, 1944
8. Champion registered female, (first place winners from Lots 2, 3, 4, 5, 6 and 7).

## VI. GRADE GUERNSEY

1. Cow, 3 yrs. and over, born before Jan. 1, 1942
2. Cow, 2 yrs. and under 3 yrs., born Jan. 1, 1942 to December 31, '42
3. Senior yearling heifer, born Jan. 1, 1943 to June 30, 1943
4. Junior yearling heifer, born July 1, 1943 to Dec. 31, 1943
5. Senior heifer calf, born Jan. 1, 1944 to June 30, 1944
6. Junior heifer calf, born after July 1, 1944

## VII. REGISTERED AYRSHIRE

1. Registered bull born after July 1, 1943
2. Cow, 3 yrs. and over, born before Jan. 1, 1942
3. Cow, 2 yrs. and under 3 yrs., born Jan. 1, 1942 to Dec. 31, 1942
4. Senior yearling heifer, born Jan. 1, 1943 to June 30, 1943
5. Junior yearling heifer, born July 1, 1943 to Dec. 31, 1943
6. Senior heifer calf, born Jan. 1, 1944 to June 30, 1944
7. Junior heifer calf, born after July 1, 1944
8. Champion registered female, (first place winners from Lots 2, 3, 4, 5, 6 and 7).

## VIII. GRADE AYRSHIRE

1. Cow, 3 yrs. and over, born before Jan. 1, 1942
2. Cow, 2 yrs. and under 3 yrs., born Jan. 1, 1942 to Dec. 31, 1942
3. Senior yearling heifer, born Jan. 1, 1943 to June 30, 1943
4. Junior yearling heifer, born July 1, 1943 to Dec. 31, 1943
5. Senior heifer calf, born Jan. 1, 1944 to June 30, 1944
6. Junior heifer calf, born after July 1, 1944

## IX. BROWN SWISS

Class to fit entries

CLASS NO.    LOT NO.

DEPARTMENT "B"

BEEF

X.    BEEF CATTLE BREEDS

1. Fat Steer; must be fat before eligible to be sold. Will be passed upon by Committee. Fat stock only sold.
2. Fat Heifer.
3. Breeding heifers--Grade or Registered--Any age.
4. Registered Bulls--not over one year old. (Registration papers must accompany, or be shown at time of entry.)

PRODUCTION FOR VICTORY - FOOD IS AMMUNITION

POULTRY DEPARTMENT "P"    (also Pigeons and Rabbits)

Do not make entry unless you expect to show birds or rabbits.

Poultry will be received Thursday until 9:00 P.M. or between 7:00 A.M. and 9:30 A.M. Friday. Judging begins at 10:00 A.M., Friday, April 13.

Poultry will be fed and watered by the management. Do not feed or handle your own or any other birds during the Fair.

Poultry will be judged for utility purposes.

One egg in each entry may be broken at the discretion of the judge. Both external and internal characters will be considered in the judging.

Specify the variety on the entry blanks.

Feed will be provided for rabbits. The management will feed and water the rabbits.

All rabbits must be marked in ear with ear number. Indelible ink will last for the duration of the Fair if they are not tattooed.

CLASS NO.    LOT NO.

DEPARTMENT "P"

POULTRY

I.    LEGHORNS

1. Trio (2 females, 1 male--any age)
2. Cock (hatched before July 1, 1944)
3. Hen (hatched before July 1, 1944)
4. Cockerel (hatched after July 1, 1944)
5. Pullet (hatched after July 1, 1944)

II.    NEW HAMPSHIRE

1. Trio (2 females, 1 male--any age)
2. Cock (hatched before July 1, 1944)
3. Hen (hatched before July 1, 1944)
4. Cockerel (hatched after July 1, 1944)
5. Pullet (hatched after July 1, 1944)





## III. PLYMOUTH ROCKS

1. Trio (2 females, 1 male--any age)
2. Cock (hatched before July 1, 1944)
3. Hen (hatched before July 1, 1944)
4. Cockerel (Hatched after July 1, 1944)
5. Pullet (hatched after July 1, 1944)

## IV. RHODE ISLAND REDS

1. Trio (2 females, 1 male--any age)
2. Cock (hatched before July 1, 1944)
3. Hen (hatched before July 1, 1944)
4. Cockerel (hatched after July 1, 1944)
5. Pullet (hatched after July 1, 1944)

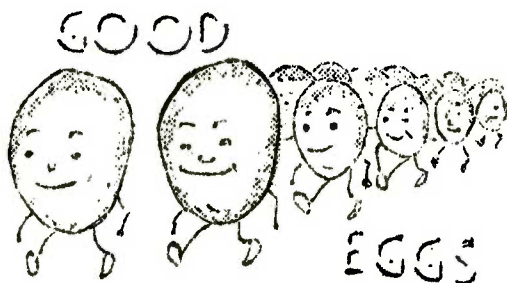
## V. ANY OTHER STANDARD BREED POULTRY

1. Trio (2 females, 1 male--any age)
2. Cock (hatched before July 1, 1944)
3. Hen (hatched before July 1, 1944)
4. Cockerel (hatched after July 1, 1944)
5. Pullet (hatched after July 1, 1944)  
(Designate breed)
6. Pen of 5 fryers; 10 to 14 weeks old

## VI. EGGS

1. White eggs, 24-26 oz., 1 doz. large in carton
2. Brown eggs, 24-26 oz., 1 doz. large in carton
3. White eggs, 22-24 oz., 1 doz. medium in carton
4. Brown eggs, 22-24 oz., 1 doz. medium in carton

Each entry shall be one dozen eggs and must be from flock of the club member.



PIGEONS

All birds must wear some kind of a numbered leg band and the band number must be properly entered on the entry blank.

General rules of the Poultry Department will also apply to pigeons.

## VII. HOMING PIGEONS

1. Single male, hatched before January 1, 1944
2. Single female, hatched before January 1, 1944
3. Single male, hatched after January 1, 1944
4. Single female, hatched after January 1, 1944

## VIII. ANY OTHER PIGEONS

1. Single male, Utility
2. Single female, Utility
3. Single male, Fancy
4. Single female, Fancy

RABBITS

Separate classes will be made and will be judged separately where competition exists between two or more individuals within the lot. Left ear of rabbit must have identification mark.

## IX. RABBITS: New Zealand White, - (Pureblooded; papers not required.)

1. Senior Buck, over 8 months
2. Senior Doe, over 8 months
3. Special Buck, 6 to 8 months
4. Special Doe, 6 to 8 months
5. Junior Buck, 4 to 6 months
6. Junior Doe, 4 to 6 months
7. Baby Buck, 2 to 3 months
8. Baby Doe, 2 to 3 months
9. Doe and Litter, not less than 6 weeks of age.



- X. RABBITS: New Zealand Red (Pureblooded; papers not required.)
1. Senior Buck, over 8 months
  2. Senior Doe, over 8 months (Papers required only for special award.)
  3. Special Buck, 6 to 8 months
  4. Special Doe, 6 to 8 months
  5. Junior Buck, 4 to 6 months (Papers required only for special award.)
  6. Junior Doe, 4 to 6 months (Papers required only for special award)
  7. Baby Buck, 2 to 3 months
  8. Baby Doe, 2 to 3 months (Papers required only for special award)
  9. Doe and Litter, not less than 6 weeks of age.

- XI. MEAT RABBITS: Any breed or cross breed.
1. Senior Buck, over 8 months
  2. Senior Doe, over 8 months
  3. Junior Buck, 4 to 6 months
  4. Junior Doe, 4 to 6 months
  5. Meat Pen, 3 or more rabbits, 6 to 9 weeks

RABBITS--Grand Champion

Best rabbit in show (Fur, ears, bone, head, body and general appearance) will be selected by judges.

FOOD FOR FREEDOM - ALL OUT FOR VICTORY

SHEEP AND SWINE DEPARTMENT "S"

Members must provide feed for swine and sheep, and must do their own feeding and watering. This livestock will be received Thursday until 9:00 P.M. or between 7:00 and 9:30 A.M. Friday. It must be on display by that time. Judging will begin at 10:00 A.M., Friday, April 13.

If a gilt is to show in breeding and fat class, two entries must be made. The pen of Fat Hog entries may be made by a club.

A private sale of fat hogs will be held Saturday.

All fat lambs treated the same way as fat hogs.





## I. DUROC JERSEYS

1. Breeding Gilts (under 4 months)
2. Breeding Gilts (4 months to 8 months)
3. Sow
4. Boar

## II. HAMPSHIRE

1. Breeding Gilts (under 4 months)
2. Breeding Gilts (4 months to 8 months)
3. Sow
4. Boar

## III. ANY OTHER BREED

1. Breeding Gilts (under 4 months)
2. Breeding Gilts (4 months to 8 months)
3. Sow
4. Boar

IV. Pen of two fat hogs--any breed or crosses.  
(necessary weight 175-225 pounds each)

## V. Pen of two feeder hogs--any breed or crosses.

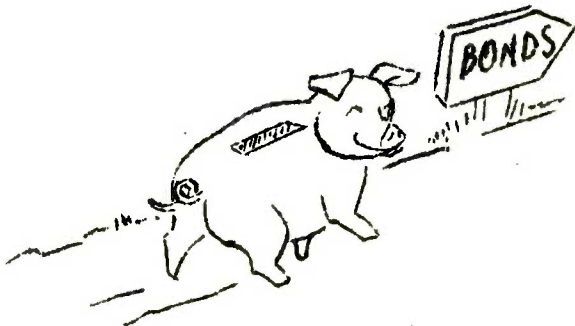
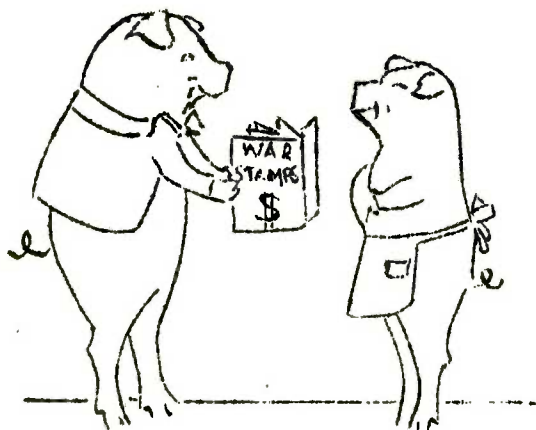
## VI. Individual fat hog. (Must be fat in order to be sold. Necessary weight 175-225 pounds)

## VII. SHEEP

1. Fattest lamb (Must be fat in order to be sold)
2. Mature ram or ewe. (Judged separately on own merits)

VIII. Fat stock for sale - (Ex. one lamb or one pig)  
(Make entry for all fat animals to be sold)

NOTE: Championships will be awarded if competition warrants.



## 4-H GARDENS FOR VICTORY

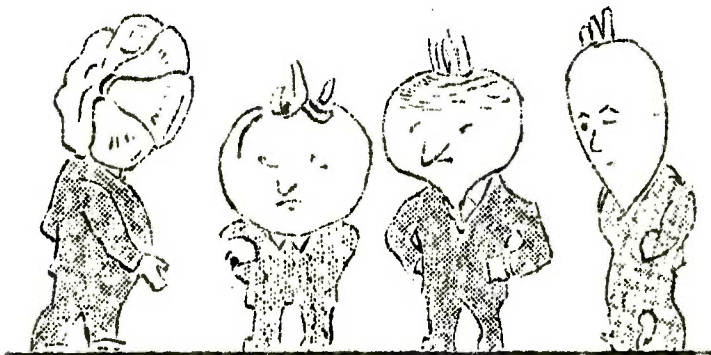
### VEGETABLE DEPARTMENT "V"

Vegetables will be received any time Friday morning up to 9:30 A.M.  
Judging will start at 10:00 A.M.

CLASS NO.	LOT NO.	DEPARTMENT "V"	VEGETABLES
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I. GARDEN AND CROPS

1. Six Table onions
2. Six round type radish
3. Six long type radish
4. Six carrots
5. Three beets
6. Three turnips
7. Three bunches spinach (3 plants per bunch)
8. Three plants chard
9. Three heads cabbage
10. Three heads lettuce
11. One pint pod peas
12. Three rutabagas
13. Garlic, (one bunch of 3 plants)
14. Any other vegetable  
(Classes will be made if sufficient miscellaneous entries are made)



GENTLEMEN - IT'S UP TO US!

FLOWER DEPARTMENT "F"

4-H Club Contest. Flowers will be received up to 9:30 A.M., Friday. Judging starts at 10:00 A.M.

Uniform tall metal containers will be furnished. Baskets, special vases and containers for short stemmed flowers will not be furnished.

Must be entered in Flower Club to compete for medals.

CLASS NO. LOT NO.

DEPARTMENT "F"

FLOWERS

I. FLOWERS

1. 15 sweet peas (lavender)
2. 15 sweet peas (pink)
3. 15 sweet peas (white)
4. Centerpiece of sweet peas and foliage including container
5. 8 calendulas
6. 16 pansies
7. 8 larkspurs
8. 12 petunias
9. 3 roses

NOTE: Any variety of rose represented by 5 or more entries will have a separate classification made for it.

10. Any other flower, not less than 3 stems
11. Best bouquet including vase
12. Best basket of flowers

